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SURVIVAL

THE MAGAZINE FOR SAFER LIVING

MARCH 1988 VOL. 16 NO. 3

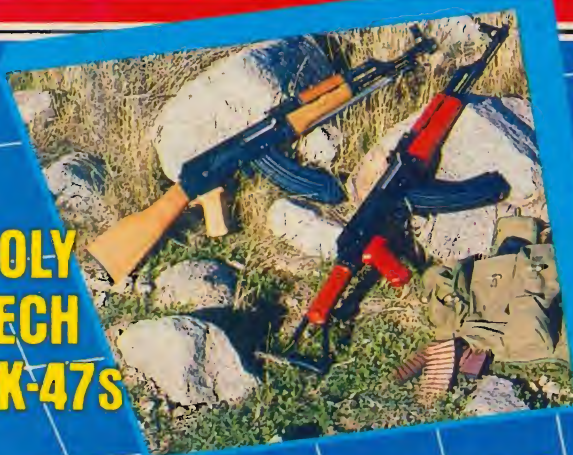
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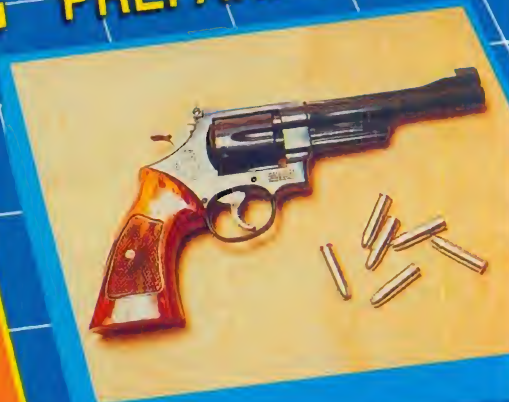


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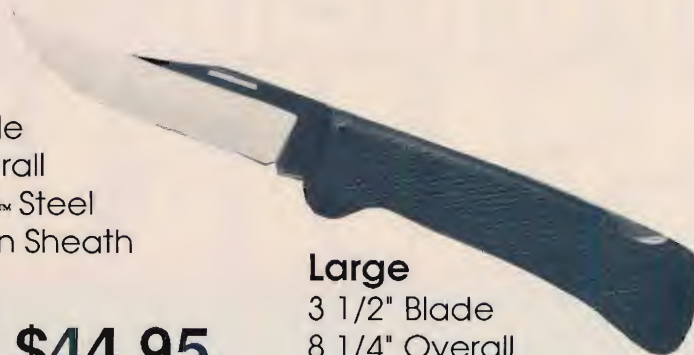
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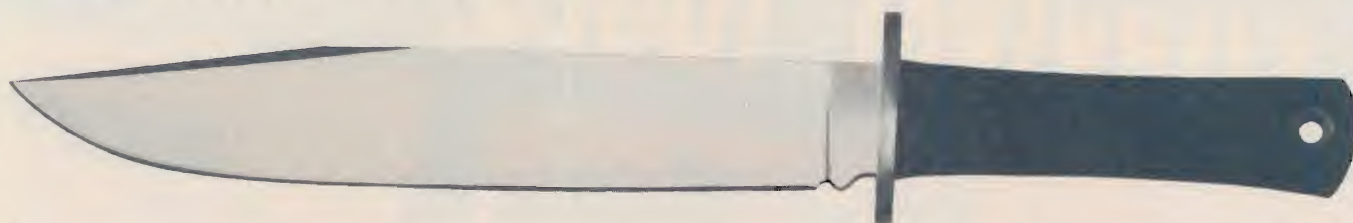
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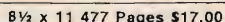
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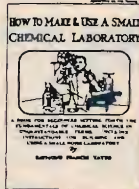
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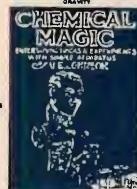
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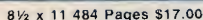
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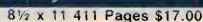
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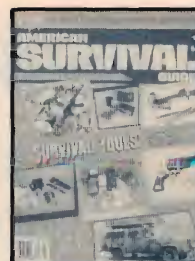
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AMERICAN SURVIVAL GUIDE

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THE MAGAZINE FOR SAFER LIVING



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Staff Report

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TO THE POINT

The INF Treaty: Is the threat of war less or greater? . . .

WITH the signing by President Reagan and Soviet leader Mikhail Gorbachev of the Intermediate-Range Nuclear Forces (INF) Treaty, last December, the debate has begun about its value to world peace.

At this writing the Senate hasn't begun to consider the treaty. While the chances for Senate approval are said to be good, many people in this country are wondering if this historic and unprecedented agreement will truly lessen the threat of nuclear war, as its supporters maintain, or if, as the those who oppose the treaty contend, it makes the U.S. more vulnerable to attack by the Soviet Union by weakening the West's nuclear deterrent in Europe.

Here's a brief look at some provisions of the INF agreement. The treaty covers U.S. and Soviet nuclear weapons with ranges of from 300 to about 3,000 miles. It would eliminate more than 2,200 U.S. and Soviet missiles and more than 3,600 warheads, most of which are based in Europe. The USSR would destroy something like twice as many missiles and something like three times as many warheads as the U.S. but one-third of the Soviet missiles are in Asia.

Those weapons on the U.S. side to be eliminated include Pershing 1-A and Pershing 2 missiles and ground-launched cruise missiles.

Each side would be allowed to do surprise inspections of the other's weapons production and storage facilities to verify that the agreement is being complied with, and there are provisions for timetables and methods of destruction of the missiles and launchers and so forth.

It's important to remember that the intermediate-range nuclear weapons covered in the treaty represent only about four percent of the nuclear warheads in the arsenals of the U.S., USSR and their allies. Nuclear weapons not covered include of course the intercontinental ballistic missiles, nuclear weapons on submarines and other ships, long-range and short-range nuclear weapons carrying aircraft, short-range missiles and artillery.

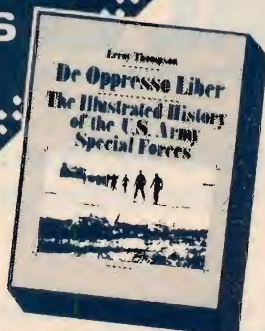
This is the first treaty between the superpowers to eliminate a whole class of nuclear weapons. Negotiations continue to arrange for a future agreement or agreements to destroy about 50 percent of long-range strategic nuclear weapons on both sides.

Ironically, President Reagan, a conservative, faces the greatest opposition to the INF Treaty from fellow conservatives in congress while liberals generally support it.

The fears and concerns of the staunchly anti-communist conservatives are certainly understandable. Who among us who has studied much of Soviet history can forget Lenin's statement about hanging the capitalists? His order, in forming the Soviet secret police, that there should be "mass terror" to control the populace? His statement that "It does not matter if three-fourths of mankind is destroyed" so long as the remainder "should become communists?" This is a man revered by the Soviets as we revere George Washington! Who will deny that millions of Ukrainians were starved to death by Stalin for rebelling against communist rule? And so on down through Soviet history it goes: official government deceit, oppression and murder, the purges, the executions, the show trials, the gulag. . . can the Soviets be trusted to be truly interested in peaceful coexistence with the West at last?

In the end, the actions of the Soviet government will, as the proverb goes, speak louder than its official rhetoric. Like virtually everyone, I welcome any treaty or other agreement that will reduce the threat of nuclear holocaust that many of us have lived under all our lives. If the INF treaty is ultimately approved by our government it should only be after the most careful consideration of its provisions and the determination by our leaders that it will actually promote world peace. Even then, it must be closely monitored and every effort made to insure that it continues to do so in the future —
Jim Benson.

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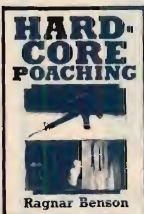


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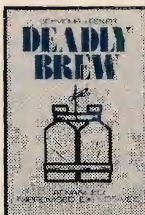


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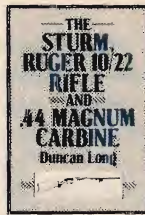


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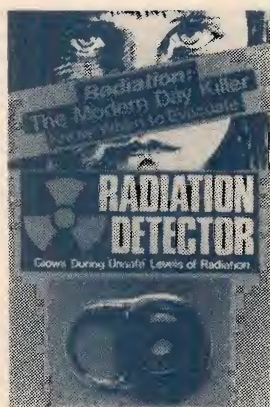
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SURVIVAL LINE

California SDI initiative, poll shows public more afraid of getting AIDS, violent crime, hurricane deaths decrease. . .

HIGH FRONTIER, one of the principle lobbying groups for President Reagan's Strategic Defense initiative (SDI), is seeking to place an SDI referendum on the ballot in California for the 1988 elections. The referendum would direct California's governor to urge Congress and the president to carry out their "legal and moral obligation of defense by beginning immediately to develop and deploy a ballistic missile defense."

This would be the first referendum on the SDI since President Reagan announced the program in 1983. The chairman of High Frontier, retired Lt. General Daniel O. Graham, says the chances of the referendum's passage once on the ballot are "excellent," and that such a vote would send a strong pro-SDI message to Congress.

High Frontier has until the end of February to obtain the 372,178 signatures (of registered California voters) needed to place the referendum on the ballot. For more info contact: High Frontier, 1010 Vermont Ave. N.W., Suite 1000, Washington, D.C. 20005; or call (202) 737-4979.

AIDS Fears—A recent Gallup poll indicates that Americans are becoming increasingly concerned about the threat posed by the Acquired Immune Deficiency Syndrome, AIDS. The results of the poll show that 68 percent of Americans now consider AIDS the number one health problem in the country. That compares to 14 percent who rated cancer as the most serious health threat and 7 percent who feel heart disease is the largest health problem in the U.S. Over 40 percent of the poll respondents expressed fear of personally contracting the disease. The poll showed that women are slightly more concerned about contracting the disease than men, 43 to 40 percent.

The poll also showed that some people are taking measures to avoid the disease which have little or nothing to do with the way AIDS is transmitted. For example, 18 percent of those surveyed said they were avoid-

ing using public restrooms, 12 percent said they were avoiding even casual contact with those whom they think might be homosexual, and 8 percent said they had stopped donating blood.

Crime, Hurricanes—Figures released by the Justice Department show a continuation of the drop in the number of violent crimes committed in the U.S. The current figures are the lowest since the Justice Department began surveying the rate of violent crime in the U.S. back in 1973. Only two categories of violent crime showed an increase in the latest statistics, violent crimes committed against teenagers and urban blacks.

Throughout the 1960s criminologists had predicted that crime rates would begin to drop as the baby boom generation (those born between 1945 and 1964) began to move into middle age. According to the Justice Department the downward trend in violent crimes bear out this theory, and they see this trend continuing.

Overall the new statistics show that there were 32 violent crimes per 1,000 U.S. residents in 1985 (the last year for which complete statistics are available). The numbers also show that city residents are twice as likely to become victims of violent crime as are their rural counterparts.

It was an abnormally quiet year for hurricanes, reports the U.S. National Weather Service. In all, only seven tropical storms were reported, and of those seven, only three gained enough strength to become full-fledged hurricanes. A tropical storm is defined as a storm with winds of at least 39 mph, and a hurricane as one with winds of at least 74 mph. Only one of the three hurricanes, Floyd, came anywhere near the U.S. Floyd did very minimal damage to the Florida coast and resulted in no fatalities. According to the National Weather Service, 1987 had one of the least active hurricane seasons in the past 40 years. No U.S. citizens (within the continental U.S.) were killed by hurricanes in 1987.●

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This is a newly designed supply that came out of the chaos of the disaster in Mexico. I felt a need for an inexpensive highly-portable package that would provide a minimum supply of food, light, heat and shelter for one person for seven days or two people for three days. The supply includes high quality tube tent, two space blankets, stove and fuel, eight candles (about 40 hours of light), water tablets, waterproof matches, first aid kit and a high quality supply of military food pouches. The food supply contains: 21 retort pouches of meat entrees, 14 cakes, 14 fruit bars, 7 beans with tomato sauce, 7 candy bars and 7 heavy plastic spoons. All these products are fully cooked. All you need to add from the store is a good transistor radio and some water and you can be prepared for the 72 hours it takes to get most government emergency programs in place. #C/0591

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Retail Value Up To \$285.00 case

Pork Patties #HC04 Beef Patties #HC03

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24 Bars
\$9.95

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Total Buckets Purchased	1-4	5-9	10-49	50+
Hard Red Winter Wheat. High protein and low moisture. 45 lbs. #7512 reg. \$18 ⁰⁰	16.50	14.75	12.50	11.00
Millet. Those who use this high protein grain swear by it. 42 lbs. #7503 reg. \$45 ⁰⁰	37.50	32.50	27.50	24.00
Rye. One of the most versatile of all the grains. High quality. 43 lbs. #7510 reg. \$29 ⁰⁰	24.00	21.00	18.50	15.95
Yellow Corn. We get only the best of this all American grain. 44 lbs. #7502 reg. \$23 ⁰⁰	19.50	17.50	15.75	12.50
White Rice. Top quality enriched rice. Store indefinitely. 44 lbs. #7508 reg. \$44 ⁰⁰	32.75	31.00	27.95	23.25
Rolled Oats. Another favorite with many uses. High quality. 25 lbs. #7504 reg. \$29 ⁰⁰	24.00	21.00	18.50	15.95
Soybeans. Full of protein. Very fresh stock. 40 lbs. #7525 reg. \$38 ⁰⁰	27.50	24.00	21.95	18.45
Kidney Beans. The best of the red beans. Use everywhere. 44 lbs. #7520 reg. \$49 ⁰⁰	37.50	35.50	33.00	31.00
Pinto Beans. Another favorite bean that can be used everywhere. 44 lbs. #7524 reg. \$39 ⁰⁰	28.50	25.00	22.95	19.45

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BOOKS/VIDEOS

THE ECONOMIC GUERRILLA

A GOLDEN
OPPORTUNITY
HANDBOOK

Mark T. Johnson

The Economic Guerilla, A Golden Opportunity Handbook, by Mark T. Johnson; Paladin Press, Dept. ASG, P.O. Box 1307, Boulder, CO 80306; (303) 443-7250; 82 pages, softcover; \$8 plus \$3 for shipping and handling.

A short, yet informative text on the subject of economic survival in today's unstable economic environment. Author Mark Johnson does not attempt to preach, but instead points out facts which most of us know but few ever act on. His book covers most facets of personal finances, subjects from improving one's capital growth in times of prosperity to successful job-hunting tactics, through using down-and-dirty methods to escape the bonds of creditors. The text emphasizes the fact that each of us is responsible for our own lives, and that each individual has the capability for self improvement. Although some may label this book the *Capitalistic Bible of Selfishness* because of its hard-ball "take no prisoners!" economic approach, it is actually a new look at personal finances and a helpful read for anybody interested in getting out of their present dormant lifestyle into a new, dynamically improved one.

SURVIVAL GUNS



Mel Tappan

Survival Guns, by Mel Tappan, available through SI Equipment, Ltd., Dept. ASG, 18239 S. Figueroa St., Gardena, CA 90248; (213) 324-8855; 458 pages, softcover; \$14.95 plus \$1 for postage.

It's impossible to speak of the world's great survivalists without speaking of the late Mel Tappan, a man acknowledged as "the survivalist voice of reason," by the *New York Times*. Besides a wide ranging career in the investment world, Mel Tappan was an avid shooter, student of weaponry and outdoorsman. He was also a survival consultant, freelance writer, lecturer and survival editor of *Soldier of Fortune* magazine. This classic guide to the selection, modification and use of firearms is once again being printed and is as poignant today as the day Tappan wrote it. Topics covered include guns as tools, handguns, rifles, shotguns, rimfires, special purpose weapons, ammunition, modifications and maintenance, accessories, practical shooting and choosing your battery. This is a definitive guide to practical firearm's usage and firearm's related defense, food gathering, and living under conditions of long-term self sufficiency.

(Continued on page 67)

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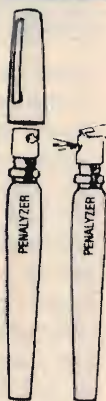
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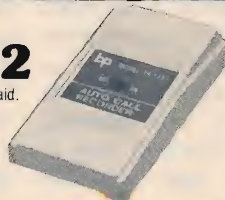
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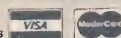
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bilities; Our new negative-draft locking system; An exclusive "point-positive" kraton grip; A duel-mount nylon sheath. The Tomcat is as equally at home on the open range as in close quarters. The bold styling provides an extremely visual blade that is unlike any other production of custom folder today. With a retail price of \$79.95 the Tomcat is as affordable as it is available. Contact SOG Specialty Knives, Dept. ASG, P.O. Box 1006, S.M., CA 90406; (213) 451-4292.

Snoop-Proof

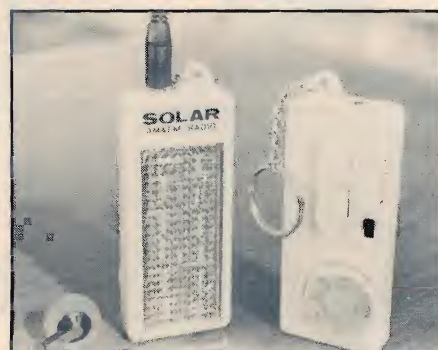


Communicators of top security information will rest easier knowing the average time for even the most powerful computer to break into Secureline's code is literally hundreds of years. Secureline desk top terminal, currently being marketed by CCS Communication Control, Inc. combines the protection of voice and data security, with the convenience of a single portable unit which fits easily into a briefcase. Advanced techniques for voice digitization (enhanced LPC-10) and a sophisticated digital encryption algorithm, provide the user with a level of security incomparable to those previously attained with scramblers. According to CCS Vice President Michael Kelly,

"Secureline was developed in response to a government security program calling for spy-proof phones. It is one of the few systems available outside restricted government channels providing adequate security for classified data." User friendly and operational in either "secure" or "clear" modes, Secureline is ideal for anyone requiring a high level of security. Voice signals are transformed into a stream of digits, which are encrypted by randomly generated keys. A three level key system provides the user with up to 10 to the 50th power different combinations, virtually impossible to unscramble. For secure data transmission, the Secureline terminal may also be used as an encryption modem when interfaced with any computer terminal through the optional RS-232 port. A modular cord allows easy installation between the two units for data rates of up to 2400 bps. The Secureline voice/data terminal supplements the existing CCS Communication Control line of telephone, computer, and facsimile security systems, including the computer based CC 700RC Rolling Code Scrambler, and the CSR 1000 File Encryption Software. Prices of

Secureline start at \$1,500. Leasing arrangements available for as little as \$65 per month. Contact CCS Communication Control for more information. Offices are located in New York City, Washington, D.C., Miami, Beverly Hills, Houston, Paris and London.

Solar Radio



One hundred years after Heinrich Hertz demonstrated in 1887 that radio waves can be made to travel through space comes the world's first solarized transistor AM/FM personal radio! Crystal clear super hi-fi audio is achieved with no operating costs whatsoever to the user because this mini radio's power supply is a photovoltaic cell-bank that collects and stores the sun's energy for use many hours later. A full charge provides approximately six hours of power even in total darkness. Lack of sunshine for weeks is no problem because the radio works well under ordinary indoor light. This same photovoltaic technology is used in satellites and space probes to energize radio and television transmissions. Unlike yesteryear's "power-hungry" vacuum-tube radios that often malfunctioned, or today's micro-circuited mini receivers still totally dependent on and forever consuming batteries, these new ultra-dependable solar radios operate free for an almost unlimited period of time! New knowledge of semiconductor behavior permitted the development of more efficient photovoltaic devices making this breakthrough possible. This radio has "kicked the battery-replacement habit" and is available from Pan Meridian Enterprises, Dept. Y0057, 913 Brookside Court, Durant, OK 74701 for \$20 postage/handling paid; satisfaction guaranteed; (405) 924-7252.

New Delta Press Catalog



New from Delta Press, Ltd., a new 32 page mail order catalog featuring over 1,200 military patches, badges, crest, tabs, military beret flashes, hat pins, books, posters, belt buckles, and other Distinctive Insignias. Most are from the Vietnam era. There is even a Special Forces Teddy Bear. Also included is a category of "Beercan" badges because of the thin metal Asian construction common to the Vietnam era badges. The patches and insignias are from the most famous units of the Army, Navy, Marines, and Air Force. Some of the units are 1st Inf Div, 1st Cav Div, 1st Cav Div with 'Vietnam', MACV, MACV-SOG, USARV, Infantry School, 4th Inf Div, 9th Inf Div, and Americal Div. The 1st, 2nd, 3rd, 4th, 5th, and 6th Marine Divisions. The 503rd, 504th, 508th Airborne Div. Navy Seals, Special Forces, Force Recon, Sniper units, Aviation, and Special Ops Sqdns. Other countries are North and South Vietnam, British, Israeli, Rhodesia, West German, South Africa, French, and the Third Reich Germany and much more. All Insignia are reproductions, most are multiple colors and show much detail. The name of this new catalog is Delta Insignia Co. (a member of the Delta Press, Ltd. Corporation). Delta Insignia does stock the products in the catalog. The catalog is free, just send your name and address to: Delta Insignia, Dept. ASG, P.O. Box 1565, El Dorado, AR 71730. Or call 1-501-862-1166 and request the free catalog. Allow 2-3 weeks for delivery.

72-Hour Pack



Nitro Pak's Deluxe 72-Hour Pack survival kit includes all the essentials for staying alive, i.e., shelter, food, light, heat, first aid, fire, signalling, and easy-to-follow illustrated emergency instructions. Each kit contains over 60 items and weighs less than 20 pounds. Ideal for the woman who will be home alone with children when disaster strikes. Five years of research and testing saves you time and money. The kit is carried in a convertible camo three-way pack which can be used as a

backpack and has six compartments. Among the items included are a wool blend blanket, 5-gallon water storage container, freeze-dried food pack with enough food for two people for 72 hours, 50 feet of nylon cord, first aid kit, Calume light sticks and much more. Regularly priced at \$349.95, Nitro Pak, Dept. ASG, 11018 E. Rosecrans Ave., Suite 300, Norwalk, CA 90650; phone (213) 929-4705, is offering this kit for \$209.95 plus \$6.50 S&H in the continental U.S.

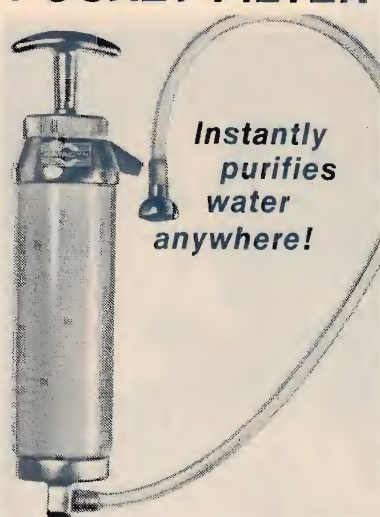
Honing Guide



Fine-Line, Inc., the maker of the popular Fine-Line "Hunter" Crosshair

Bow Sight and the "Zero" Peep Sight, has recently introduced the new Fine-Line "Honing Guide." The Honing Guide provides a way to resharpen to a shaving edge a wide variety of replaceable blades. With the Honing Guide these blades, such as, broadhead blades, razor blades, Xacto, box cutters, hobby blades and more can be restored to razor sharp edges to extend the life of each blade. The Honing Guide clamps each blade safely, at the proper sharpening angle so the user can work the edge properly over the sharpening material. Quick, easy and economical the Honing Guide can save both time and money. The Honing Guide is available at stores everywhere. If the guide is not available at your favorite store ask for it or contact Fine-Line, Inc., 11220 164th St. E., Puyallup, WA 98374. ●

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MAIL CALL

M1A Rifle Peep Sights

I found your "M1A Rifle" article in the November 1987 issue of ASG interesting and full of useful information. In regards to peep sights: it is unnecessary to center the front sight post in the peep hole. Just look through the receiver peep sight (and then ignore it), place the front sight post on the target, hold, squeeze and fire. Try it, you'll like it. I read about this in *American Rifleman* circa 1964. It works for me.

Don Cable
Deer Lodge, Montana

We'll have to try this out and see if we can shoot better. Thanks for the suggestion.

Point to Point

Regarding your "To The Point" column in the August 1987 issue, it was stated that sunlight triggers the production of vitamin D in human skin, aiding in the absorption of calcium by the body. I thought this was true of all regions year-round. However, as a result of carefully researched experiments, Dr. Michael Holick, director of the clinical research center at the Boston University School of Medicine states, "In these areas (northern states), sunlight exposure in winter gives you no advantage at all in terms of vitamin D nutrition." Virtually no vitamin D is produced by those living in northern states during the winter months (November through February). Those enduring northern winters (or perhaps living through a nuclear winter or sun-blocking cataclysm) will have to depend on other sources for vitamin D such as fortified milk (if available) rather than sunlight.

Name and address withheld

In the newspaper clipping you sent with your comments it is also reported that "In similar experiments in Puerto Rico and Los Angeles, vitamin D was formed year-round." It depends on just where you are during the winter months as far as your vitamin D production from sunlight, we infer from this information. We also wonder how much time was spent in the sun during winter by those being tested. It does make sense that in periods of little or no sunlight, people, at least

those with minimal exposure to sunlight, would not produce enough vitamin D for good health. This is something to consider if you live in northern latitudes or plan to survive a nuclear winter-type situation. Thanks for the information.

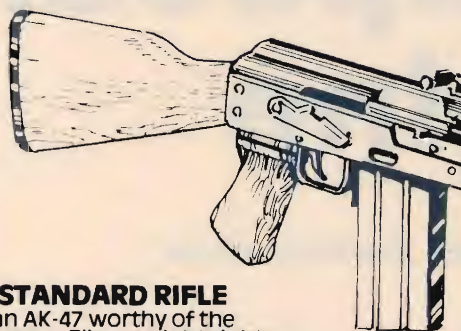
Toy Guns

I was disappointed with the portion of "Survival Line" concerning realistic looking toy guns. I'm not an anti-gun nut, really I'm about as pro second amendment as you can get, but I think toy guns that look just like real firearms are entirely too dangerous. There are way too many people who don't like guns, or don't know anything about guns, that buy those damnable toys for their kids. Then their kids come to my house to play with my kids, and don't know the difference between their toys and our "real" guns. As careful as my husband, our oldest daughter, and myself are, there's always the remote possibility that we could slip and leave a loaded gun where they could see it. And believe me, if a kid can see something, they can always find a way to reach it. I won't let my kids friends bring those stupid toys around our house, and when their parents ask why, I tell them. Most of them understand my point, and there are considerably less such toys in our neighborhood than there were a couple of years ago. I'm waiting to read something in the newspaper about some poor cop somewhere, who ends up blowing away some poor kid who has one of those stinking toys. Responsible people, whether pro-gun, anti-gun, or neutral, wouldn't endanger innocent children by giving them a toy that looks so much like a real weapon.

Connie Hooker
Ft. Wayne, Indiana

*Your point is well taken, but we think banning toy guns is going too far. The argument can also be made that it is better to allow children to play with toy guns as a substitute for the real thing than having them be too curious about real firearms. In any event, children should be taught early in life of the differences and to have the utmost respect for real guns. Proper education of children is the best way to avoid tragedy.**

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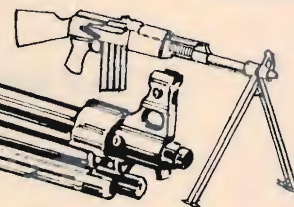
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Kitchen Cupboard Medicine

Your spice rack may be your best medicine chest...

By Allen Deever

PHOTOS BY MIKE CLARK

HOW many of us, when we were still infants, cried "doctor!" when sick? I always cried "mom!" The chief cook and bottle washer is usually the one delegated to be general practitioner when it comes to home medicine. If only mom could cure like she cooks!

In many homes across America today, moms and even dads are doing just that. It seems as if we're in the midst of a herbal heyday. Modern society is once again regaining their lost confidence in home remedies, and health food stores are prospering in the wake of a "gold rush," hitherto unknown. Herbal concoctions are being pulped and powdered and distilled into balms and pills and elixers that are starting to rival the popularity of the myriad over-the-counter chemical medicines... and at the same outlandish prices. I contend that there is little need for this, for some of the safest and most effective natural medicines of all can be found in your own kitchen cupboard in the guise of herbs and spices; you just have to know how to use them.

Using herbs for healing makes good sense. If one were to discard a remedy because it came from a plant he'd have to reject such remarkable medicines as aspirin, penicillin, digitalis and quinine, just to name a few. Another advantage to using spices and herbs is that there's no question of their being edible (though some such as nutmeg and mace should be administered in small doses).

Really, there's very little difference between learning to cook with herbs and learning to heal with them, and when the knowledge of the two are combined, that person can cook up



some of the most delicious cures known to man. And that's really an advantage to home medicines!

Herbal home remedies, contrary to popular opinion, do not find their greatest benefit in being of plant origin, nor from being natural or inexpensive. Herbal home remedies find

their importance in being right where we need them when we need them most, just a reach away in the home.

I won't claim that any of the following herbs we'll be discussing will produce miracles. I know of no cures for cancer, or AIDS, or heart disease (although the action of one or two of



There's very little difference between learning to cook with herbs and learning to heal with them.

the below listed herbs might surely seem like a miracle), but in my quest for the knowledge of efficacious home medicines I have come across a few shining examples; and even those that don't qualify as "miraculous" are still well worth keeping a good supply of in any household, if just for the reasons that they still do a little good and there just may come a day when these are all the medicines we have.

Intestinal Distress—Few medicines I've ever taken had an immediate effect, aspirins included. But there is a common culinary herb that I've found that can give *immediate relief* to one of the most distressing occurrences of all: flatulence. Few pains are sharper or more acute than severe flatulence (gas) resulting from a blockage in the intestines. When such an attack occurs and has the patient doubled over, it can be quickly dispelled by one cup of sage tea. Simply cover a heaping tablespoon of sage leaves with one cup of boiling water, and let it steep for five minutes, or until you have a light to bright yellow tea. Any darker is too bitter a brew. Drink this tea as is or with a little honey added, and the results are almost, well, miraculous. Few realize that the pilgrims' use of sage in their "traditional" stuffing for turkey was more for the anti-flatulent properties of this herb than for the ethereal fragrance it imparts to the food.

An even tastier tea for flatulence, nearly the equal of sage, is brewed with the seeds of sweet anise. From the crushed seeds of sweet anise comes the oil that is the flavoring for the licorice candy we all know. In Middle-Eastern countries anise seeds are served at the

end of big meals, to make a tasty appetizer that will help discourage the formation of gasses incurred from excessive eating. Brew as you would sage tea, using a level teaspoon instead, and let steep for 10 minutes. Anise seeds are so naturally sweet this tea hardly needs sweetening; the ultimate medicine for licorice fanatics. Some other useful herbs for the expulsion of gas are cinnamon, basil, marjoram, bay, nutmeg and mace. One of the great things about using herbs and spices as medicine is that they don't have to be taken as *medicine*. Put them in soups, in casseroles, in dips, in cookies, ice creams or cakes—anyway you like it; as long as you have enough, you'll still get the medicinal effect.

Alas, there is no cure for the common cold, the most common affliction of all, but even so there are a number of herbs that can lessen the symptoms, and at least make one feel more comfortable (and as anyone sick will tell you, feeling comfortable is first cousin to feeling well). Perhaps the cold medicine *par excellence* is horseradish. The medicinal properties of horseradish are listed as follows: expectorant, diaphoretic, antiscorbutic, rubefacient, diuretic, and stimulant. In layman's terms, horseradish is a very effective medicine for loosening phlegm in the head and the chest; it helps the body to work up a good sweat, thereby combatting the fever; it is very high in vitamin C; will draw blood to the surface that it touches, aiding greatly in the healing of sore throats; helps cleanse the body of toxic wastes; and helps raise the patient's energy level ever so slightly. To take this medicine, one can mix freshly ground horse-

radish half-and-half with catsup and serve it on baby shrimp in a bowl of watercress, it's almost worth getting sick. Surely such a herb deserves a better name!

Flu Season—Flu, like colds, seem to run their cycles, especially this time of year, and when most people come down with the flu they simply resign themselves to a few days of misery. Herein also lies one of the major plusses of herbal home remedies. So what if the sickness is so minor that a visit to the doctor seems embarrassing and a waste of good money! Feeling miserable is still *feeling miserable*, and I personally want to be feeling better. Just giving in to sickness (or whatever) is the most debasing blow to the human spirit I know.

By using herbs at least a patient is doing something to fight back, and fighting back is an effective remedy in itself. That's where thyme comes in. Thyme is a savory member of the mint family, often used to season lasagna and spaghetti sauces.

But thyme is also one of the *most* soothing herbs to an upset stomach, remaining down even when nothing else will, adding desperately needed liquid and vitamins.

Thyme also acts as a cough suppressant, and a popular commercial cough syrup uses thyme as its "secret" ingredient. Besides coughs and upset stomachs, a gargle of thyme does wonders for sore throats. This is due to its active component *thymol*, a powerful antiseptic that researchers have shown to be 25 times more potent than phenol. Being in the family of mint, thyme is one of the safest herbs on the market, and no fear ever needs to be harbored over taking too much. Because thyme is safe, it's also a little weak, and therefore needs to be made quite strong to be most effective.

For my own homemade thyme syrup I take 1/2 cup dried thyme and pour one pint of boiling water over it, then leave it to sit 20 minutes. At the end of this time I strain off the remaining dark colored liquid, then add 1-1/2 cups of light-colored honey and gently heat until the honey is dissolved. This syrup is then put into a sterilized jar, capped off and left in the refrigerator to cool and use as needed. It will last about two weeks. Take it two tablespoons at a time, several times a day. A good rule of thumb to remember in home kitchen remedies is "the dosage is not as important as the regularity of treatment."

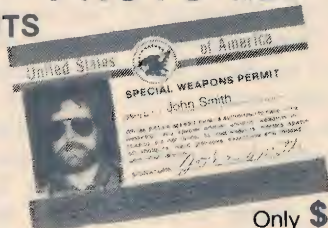
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Kitchen Cupboard Medicine

Not just the flu can upset a stomach. A few years ago researchers in England found that ginger, that wonderful flavoring in cookies and cakes, is a godsend for seasickness; two capsules of powdered dry ginger being twice as effective as the leading Dramamine-type pills. Like thyme,



ginger's expectorant qualities also make it a wonderful remedy for congestion. I usually add a couple of fresh grated tablespoonsfuls to my home-made thyme cough syrup.

Stress—Sickness (except for motion sickness) can generally be said to be caused by the wearing down of a body's proper defenses. One of the quickest ways to do this is to not get enough rest. For those suffering from insomnia, one of the best medicines of all is rosemary. The calming effect of rosemary was long ago recognized by the Romans, who wove wreaths of it to wear about their heads. A tea of this mollifying herb, taken an hour before going to bed, beats a glass of warm milk any day. It's best not to take rosemary any sooner before sleeping as its mildly diuretic property might otherwise have one up in the middle of the night looking for the bathroom; which is rather anti-productive for sleep. By calming the nerves, rosemary has also been used quite effectively in relieving stress-induced headaches; having been even prescribed for migraines.

For relieving pains of a different sort, cloves are as delicious as they are helpful. Oil of cloves has long been employed in the treatment of toothaches, and that same numbing oil can help beat the aches and pains brought

on by flus or from just plain overdoing it. A teaspoonful in a cup of hot water will make one feel better off just smelling it. When drunk as a tea, the anaesthetic oil works its way through the kidneys, liver, and bronchial membranes, stimulating, relieving pain and disinfecting as it goes. Cloves will even promote salivation, which in turn promotes a healthy appetite and aids in digestion.

If one herb were to be proclaimed as the king of all herbs, the scepter would undoubtedly be handed to capsicum. Capsicum (cayenne and any "hot" member of the hot pepper family), is one of the finest of all healing herbs. A sprinkling of capsicum in any warm drink will warm up the body much faster than the warm drink by itself. Capsicum is probably the best and safest heart tonic, able to increase the circulation of blood without speeding the heart. It accomplishes this by enlarging the caliber of vessels, making it easier for the blood to flow through. This reaction makes it a fantastic stimulant, speeding up the body's natural immune defenses and aiding recovery. When used in conjunction with other medicinal herbs, this stimulant property also helps other herbs to act faster, bringing relief that much quicker.

It's a common misconception that capsicum "burns." Although the mouth, lips and tongue may tell you otherwise, this couldn't be farther from the truth. Capsicum is healing, never harmful, and can be eaten in large quantities. It has even been prescribed for stomach ailments as serious as ulcers, it's rubefacient quality draws blood to the stomach lining that needs healing, and its stimulant quality gets it there quicker. The "burning" sensation is actually just that, a "sensation," and is caused by capsaicin, an enzyme that excites nerve endings. Furthermore, nothing beats capsicum for producing a really good sweat to sweat out impurities, foiling cold germs in the beginning stages, making it truly hot stuff as a medicine!

I like to think that survivalists will take these tidbits to heart, to make good health happen first in the home, to take responsibility for their own healing, and to be the group that will disprove that poignant old saying by John Dryden, famous 17th century poet:

"Look around the habitable world, how few know their own good, or knowing it, pursue." ●

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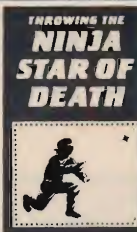


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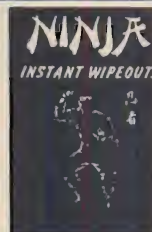


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- 1A. Title of publication: AMERICAN SURVIVAL GUIDE MAGAZINE
- 1B. Publication No.: 07451113
2. Date of filing: October 1, 1987
3. Frequency of issue: Monthly
- 3A. No. of issues published annually: 12
- 3B. Annual subscription price: \$21.95
4. Complete mailing address of known office of publication: 2145 W. La Palma Ave., Anaheim, Orange County, CA 92801-1785
5. Complete mailing address of the headquarters of general business office of the publishers: Same as item 4
6. Name and Address of Publisher: Thomas Michael McMullen, 2145 W. La Palma Ave., Anaheim, CA 92801-1785
Editor: Jim Benson, 2145 W. La Palma Ave., Anaheim, CA 92801-1785
7. Owner: McMullen Publishing, Inc., 2145 W. La Palma Ave., Anaheim, CA 92801-1785
8. Known bondholders, mortgagees, and other security holders owning or holding 1 percent or more of total amount of bonds, mortgages or other securities: None
9. For completion by nonprofit organizations authorized to mail at special rate (Section 4113 DMM only): Has not changed during preceding 12 months
10. Extent and nature of circulation

	Average No. copies each issue during preceding 12 months	Actual No. of copies of single issue published nearest to filing date
A. Total No. copies printed (net press run)	89,331	89,618
B. Paid Circulation		
1 Sales through dealers and carriers, street vendors and counter sales	79,821	81,253
2 Mail subscription	7,342	7,552
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F. Copies not distributed		
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Territorial Armory: Type 56 AK-47 Rifles

Simple, rugged, reliable assault weapons from the People's Republic of China...

By Jim Benson



Each Poly Technologies AK-47 from Territorial Armory is shipped with three 30-round magazines, cotton webbing adjustable sling, oiler and owner's manual. Shown here is the Type 56-1 AK-47 with detachable folding bayonet. Each gun also has a takedown kit in the stock.



Among the different magazines carried by Territorial for the Poly Tech AKs are a 40-round banana magazine shown here with the Type 56-2 side folder and a 75-round drum magazine shown with the Type 56-1.

JOE HORN recalls that he first saw a Chinese-made AK-47 while serving in Vietnam. He had the unfortunate experience of being on the receiving end of one of these assault weapons when a communist soldier emerged firing it from underneath the surface of some water.

"I knew then that one day I had to have one of these rifles," he said. Today he sells them.

Horn is president of Territorial Armory in Tucson, Arizona, and is the U.S. distributor, west of the Mississippi River, of the AKS-type assault rifles manufactured by Poly Technologies, Inc., the government arms firm in the People's Republic of China.

Territorial Armory sells these weapons and many accessories for them, wholesale and retail, to law enforcement agencies and the public. Territorial Armory also

offers a wide variety of other foreign and U.S. made military weapons and parts and other equipment direct to the public and by mail.

Territorial Armory lent the staff of ASG a couple of the most modern Poly Technologies semiautomatic versions of the Soviet AK-47 rifle for testing and evaluation (full-auto versions are available for sale to law enforcement only), along with some accessories and a case of Chinese-made, mildly corrosive 7.62 X 39 mm ammunition. Territorial Armory also sells Chinese non-corrosive 7.62 X 39 mm ammo. Horn says the mildly corrosive ammo we tested is almost harmless to gun barrels and other parts.

"The only comments I have toward using these weapons is that they are new in the box, unaltered and unprepared for your testing," Horn stated in a letter

sent with the guns.

"They are in the configuration as those received by the consumer. The only preparation prior to firing is to degrease the bore, make sure it is clean and make certain that the gas system, including piston, is absolutely dry and free of lubricant. Because of its robust design, it is not necessary to heavily lubricate the AK-47. A drop or two of Break-Free on bearing surfaces in the action is sufficient.

"Once you have tested and fired the weapons and done all the nasty, cruel, horrible things an independent researcher is obligated to do, please call me and we will discuss the technical points that are omitted in so many articles which review the AK and its performance."

I can say that we did indeed give



Rear sight is adjustable for distance in increments of 100 meters. Front sight is a post with protective ring and is adjustable for windage and elevation.

these guns a good workout, traveling far out into the high desert country of southern California where it was legal and we wouldn't be bothered.

We did *not* throw these guns down and stomp them, bathe them in mud or drive our 4X4 truck over them, since we were more concerned to see how they worked out of the box. But we're convinced they could take quite a beating and still shoot well, as these world-renowned weapons have been known to do.

The test rifles were the Poly Technologies Type 56-2 side-folding AK-47 and Type 56-1 full wood stock model. The side-folder is one of the more recent models of the AK-47 and has a handsome reddish



Chest/belt magazine pouches that will hold either eight 30-round magazines (top left), six 30-round magazines (bottom left), five 30-round magazines (top right) or one 75-round drum are available as accessories for the rifles. Each type of pouch holds cleaning or other gear besides the magazines.

textured fiberglass stocks said to be virtually unbreakable as well as moisture resistant. The Type 56-2 is intended for issue to mechanized infantry and airborne troops. The Type 56-1 has a full wood stock of Manchurian Chu wood with properties similar to the American Redwood — resistance to mold, cracking and weathering.

Each Poly Technologies AK-47 is shipped with three 30-round magazines, cotton webbing and oil bottle as well as a takedown kit containing bore brush, patch pusher and front sight adjustment tool. The takedown kit is housed in the stock of each rifle. In the Type 56-1, you press in on a small disc on the back of the buttstock and the kit pops out. On the

Type 56 AK-47 Rifles



The Poly Technologies Type 56-1 AK-47 is a full Manchurian Chu wood stock model with detachable, folding bayonet.

Type 56-2 an even smaller disc on top of the folding buttstock is pressed and the kit pops out from inside.

These rifles have stainless steel bolts and bolt carriers, hard chromed gas pistons, barrel bores and chambers. As added safety features, they each have double sear hooks (so if one breaks the other enables the sear to continue functioning) and spring-loaded firing pins to prevent slam fires.

The receiver extension of each rifle is stamped steel and the receiver trunnion is forged machine steel. The barrel is ordnance turned steel.

These are military specification weapons and each carries a one year limited warranty on parts and labor. The warranty is void if reloaded ammunition is used. Details are explained in the instruction manual packed with each rifle.

In The Field — We blazed away with our Poly Tech AKs for several hours out in the desert, reloading magazines with a speed loader tool and strippers of the Territorial Armory ammo provided with the guns. We shot the rifles aimed from the shoulder.

(Continued on page 68)



The Type 56-2 has a side-folding butt stock and is intended for use by mechanized infantry and airborne troops. Stock material is textured fiberglass.

Sierra Supply:

East Bloc AK-47 Mag Pouches, Russian Language Study Cards

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Staff Report



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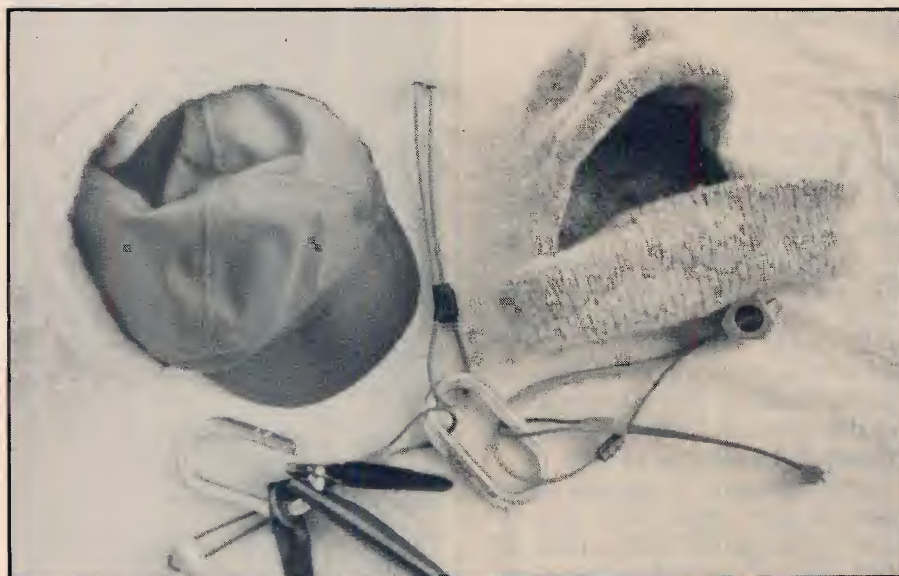


Scenic spots like this can spell trouble when rain or snow begin to fall. Always be prepared for bad weather (Photo by Bill Ackerley).

Staying Warm In Cold Weather

Anyone can be affected, even in relatively mild temperatures . . .

By G. J. Sagi



Mountaineers and other wilderness travelers have long known the value of a good hat (G.J. Sagi).

HYPOTHERMIA is the condition that occurs anytime your body's core temperature drops below normal. Anyone can be affected both during periods of extreme cold, and mild weather (even today, malnourished Africans die nightly, from temperatures dropping only into the 70s F.)

Anytime the ambient temperature is below, or effectively below that of your body, you risk hypothermia. Seventy-degree weather doesn't matter, if it's raining, and windy . . . especially if you're underinsulated in a cotton T-shirt. To your body, it still feels worse than a freezing snow.

Perhaps the most unique example I've seen, came several years ago. Terry (I've changed his name) accidentally became separated from his hiking partners, and was lost near Finger Rock in Arizona. By the second day, I was part of the search party combing the mountain.

Though temperatures only dropped into the 60s F., by the time we found him he was hypothermic. As we slowly warmed him, he mentioned that his brother was there, and had fallen off a cliff during the moonless night. As we were about to begin the search for his brother, Terry added that he died several years ago, and only came back to help him before it was too late.

To this day, I don't know if it was the strain of looking up the cliff they/he somehow negotiated, or the spirits in the

canyon that made my neck hairs stand at attention.

The best way to understand hypothermia, is to think of your body as a radiator. Visualize your blood as coolant, or more precisely "heatant." When first exposed to potentially tissue damaging temperatures, your blood still carries and maintains proper warmth throughout your body. Unfortunately, the same blood that keeps you warm, also radiates huge amounts of heat uselessly into the atmosphere (especially in the case of a poorly dressed individual).

Regardless of insulation, if you become affected by hypothermia, it'll first be detected in cold extremities (where the blood's had more time to cool: nose, toes, fingers, and hands). Always remedy the problem early, when it's most easily treated. As your decreasing temperature is sensed by the brain, it turns up the furnace by burning extra energy. We call it shivering. While this proves very effective, it exhausts energy reserves quickly. If that doesn't work, soon it'll try and stand your hair up, in an effort to increase insulation. . . . "goose bumps."

If you, or someone in your party starts to show these symptoms, it's time to stop and remedy the problem. Remember, whether you're out there to have fun, or in a survival situation, getting and staying that cold can, and will cost your life.

Since the body is an efficient radiator, strip the victim of any wet clothes, before they can evaporate that moisture. Huge amounts of energy and warmth are

drained by that action, and it is the main reason why perspiration in the cold is so dangerous (so don't forget to undress all the way to any sweat-soaked underwear as well).

Layer on any and all warm, dry clothes available. You might start a fire, or better yet, walk to generate your own warmth. Don't rule out calling it a day, and crawling into your sleeping bag early. You can still treat it yourself, but continuing to work/travel might mean that soon you'll be unable to generate your own heat. Finally, eat something high in carbohydrates (candy, etc.) to help replenish your energy supply, and if you plan on lying down, consume a few slow burning proteins (peanuts, sunflower seeds, or beef jerky are good examples).

Stinging Cold — If you ignore the first symptoms and continue, soon your hands and feet will become so cold that they'll hurt or sting. Later all feeling will stop. This may be one of the last chances to reverse the process, particularly if you're alone. Treat it just like you did the first stage, but do not make a fire (with no feeling, you'll be unable to tell if you're burning yourself), and definitely stop activity for the day.

Those foolish enough to continue, will have their shivering become violent, even to the point of inhibiting all coordinated movement. The victim will become irritable, and almost never admit they're in trouble. It's at this point, that the brain begins to protect vital organs by restricting blood flow to the extremities. Lack

of blood, and decreased oxygen carrying capacity help accelerate frostbite.

To survive, the victim must be rewarmed gently. Minimize any and all direct exposure to high heat, as it can damage or destroy tissue (remember, the victim has little or no feeling). One of the safest, most efficient methods is to place the victim, and yourself, stripped to your underwear or naked, together in a sleeping bag. Your heat will slowly radiate to them, saving their life. Merely placing the victim in a bag won't help, since at this point they can't even generate their own heat. **NEVER PLACE A VICTIM ALONE IN A SLEEPING BAG.**

Do not, under any circumstances, give or apply alcohol to a victim. Alcohol has the peculiar affect of dilating the blood vessels, and once that happens, more heat is lost, causing death to occur much faster. Once again, **NEVER GIVE ALCOHOL TO A HYPOTHERMIA VICTIM** (even though you seem to feel warm as it goes down).

Left untreated, the victim will lose all sensation in his extremities. Fingers, toes, and feet will simply quit hurting. The shivering will stop, and the blood will get so cold, that it will be unable to carry enough oxygen to the brain. It's here that the hallucinations may start.

Even this late, gentle rewarming can still save most people. If you're alone however, your feeble, hallucinating mind won't even realize you're in trouble. Situations like this are where dead brothers

(Continued on page 69)



Finger Rock Canyon where Terry claimed he and his dead brother scaled the cliffs on a moonless night (Photo by G.J. Sagi).

Electronic Intelligence:

Shortwave Listening

Your window to the world...

By J. Lincoln Thorner



The well equipped HF/VHF station is capable of copying Single Sideband, Morse CW and teletype transmissions as well as shortwave broadcasts. You can start much more modestly and work up to the kind of station you want and can afford.

DECISIONS and plans, by either a head of household or head of state, must be based on complete and accurate information; whether for emergency actions, preparations for trouble or the basic exercise of citizenship the information of decision and planning is called "intelligence."

Despite popular fiction, most intelligence is not gathered by spies, but is gathered, in large part from publicly available sources, especially signals intercept. Our largest intelligence agency, the National Security Agency, has as it's primary responsibility the monitoring of electronic transmissions, many of which you, *too* can listen in on.

In America we have some of the best news gathering organizations in the world, but we do not, by any means, get *all* the news. How news is presented and how much we see and what we don't hear about is colored by the



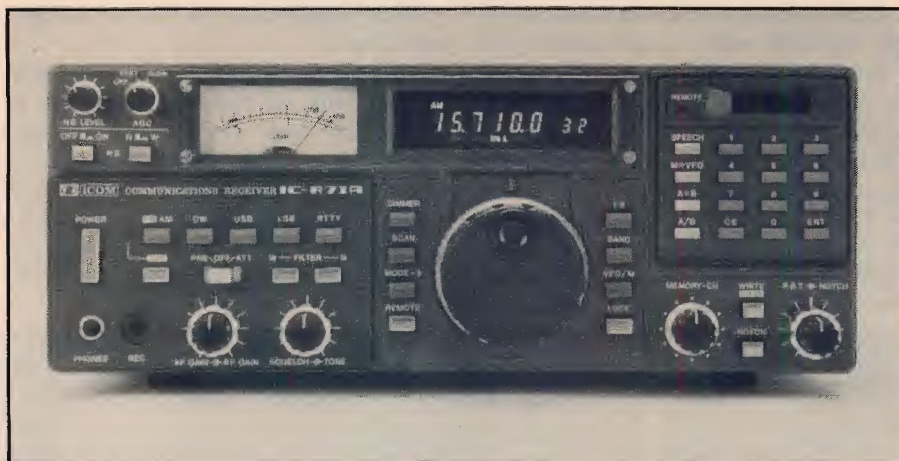
Careful listening is a skill that requires practice and patience. Here the author uses his well equipped HF stations to copy utility as well as HF broadcast stations.

biases of our newsgatherers. I think most American newsmen tell it like it is, or at least how *they* think it is. We are tremendously limited, however, by what they think is important, what they think that *you* consider important and what they have normal access to.

Were you aware that a Soviet-backed coup had placed a communist puppet

regime in power in Afganistan years before the Russian Army invaded that country? The press just wasn't all that interested in that part of the world until Red Army combat units were already heavily involved and they had no choice but to pay attention. This doesn't seem to be a deliberate attempt to hide or deceive; I just don't think most newspeople know much about, or cover a lot of important areas of the world.

I found out, for instance, that normal heterosexuals were susceptible to AIDS, from the Africa news service of Radio Nederlands, years before our press talked about it. While the American press were reassuring us that only gay men and narcotics addicts could get it, AIDS was, according to Radio Nederlands, spreading rapidly through the "normal" population of central Africa. Unfortunately our newsfolk



The ICOM IC-R71A is one of the best communications receivers on the market (Courtesy of ICOM International).



The Sony ICF-2002 is one of the best consumer HF receivers available. It features keypad entry, as well as an interesting manual frequency selection (Courtesy of Sony).

just didn't know, or care, much about what was going on in central Africa (and still don't). There is an answer to this problem, though.

You too can have access to an almost unlimited source of news and views of private and government news services around the world by becoming a shortwave listener (SWL). There are hundreds of broadcast stations that you can listen to on reasonably priced shortwave equipment. Most countries have at least part, if not most, of their broadcasts in English and most are very, very different from your home grown programming.

In the event of war or other widespread natural or man-made disaster local news sources may be disrupted, or restricted by the "Papa Knows Best" school of government news management. Because of the relative lack of exchange of northern and southern hemispheric winds, some disasters may leave southern hemispheric broadcasters on the air.

Although propagation patterns vary there is almost always *some* powerful broadcaster in range from south of the equator. Some notables are Radio Argentina International, HCJB (a religious but news carrying station) in Quito, Ecuador, Radio Australia, and Radio South Africa. All have English language broadcasts and are easily picked up in North America. RSA and Radio Australia have particularly active news services.

The positive effect of "news from outside" on morale is enormous. Good morale; battles have been won because of it, and survivors have died for lack of it. Besides news, shortwave broadcasts offer features, music and entertainment, another morale builder. Kids will find shortwave a welcome supplement to often dry (and usually awful)

text books on such school topics as history, geography, language, science and current events. This is true in normal times as well as during emergencies.

Even regional disasters can put hearable medium wave (normal AM broadcast band) and VHF FM and TV out of reach. The BBC or even the Voice of America on shortwave may prove your best source of your own local news. In many Third World nations the government broadcast monopoly is unwilling or unable to supply adequate local and national news so many people in Africa, Asia and South America depend on the specialized regional news services of such broadcasters as Radio Netherlands, Deutsche Welle, the BBC and Voice of America.

Shortwave broadcasting is similar in many ways to broadcasting in your community. That is, they are stations that transmit one-way broadcasts of news, propaganda, music and features on radio frequencies that are ordinarily capable of being picked up by relatively simple receivers thousands of miles away.

Other Transmissions—There are many other transmissions on HF (HF is a more modern term for shortwave) such as commercial, military, marine and amateur traffic. This type of "raw" information can be fascinating, but often requires more sophisticated radio equipment and accessories and is beyond the scope of this article. These non-broadcast stations are referred to as "utility" stations and most transmit in such modes as single sideband voice, Morse CW, or in a variety of radioteletype modes beyond the means of most beginning shortwave listeners.

International broadcast stations, on

the other hand, transmit in AM (amplitude modulation) which is receivable by the relatively simple receivers commonly available to the consumer. Most shortwave broadcasters are government sponsored and all represent, to some extent, the point of view of their country. Some, such as the British Broadcasting Corporation (BBC) and Radio Canada International make a strong point of being quite independent of their governments. Others that are organizationally not as independent, but which do a pretty good job of straight news with a minimum of bias are the Voice of America (VOA), Radio Netherlands, Deutsche Welle (West Germany) and to slightly lesser extent, Kol Yisroel (Israel) and Radio South Africa.

Some of the broadcasters whose news and commentary tend to be highly propagandized are Radio Moscow, Radio Havana (once highly dependent on Radio Moscow's facilities, they have a very active and effective propaganda service themselves now).

Most of the Third World's broadcasts also contain what we regard as propaganda. Their "news" services often do not see the press the way we do, but as an essential tool in furthering what they perceive as the interests of their government or ideological doctrine, not as a way of disseminating "pointless" information, for its own sake.

This does not rule out these stations, particularly the big communist broadcasters, as things to listen to. They often have interesting features and their propaganda is an extremely valuable means of judging, without the help (or interference) of our news networks, just what their sponsor nation's

Shortwave Listening

point of view and intentions are. Remember, these stations (e.g., Radio Moscow) speak for their governments. Teams of State Department and CIA analysts study these broadcasts, and so can you!

There are also a few commercial shortwave broadcasters whose programming, mostly music, is not so different from ordinary medium wave AM and VHF FM broadcasters in your community. Religious programming is also quite common on these and on foreign stations who lease their transmitters to American clergymen. There are also a very few "pirate" stations, unlicensed by any government. They, sadly, tend to broadcast primarily rock 'n' roll (like your local station), but might be an interesting source of news in times of trouble.

The term shortwave is a bit archaic and refers to the actual physical length, in meters, of a type of radio wave. Areas of the radio spectrum are still referred to as bands of an approximate wavelength, such as the 25-meter band. Wide ranges of frequencies are described by such terms as Low Frequency (LF), Medium Frequency (MF), High Frequency (HF), Very High Frequency (VHF), and Ultra High Frequency (UHF). These ranges have some important differences in characteristics and uses.

LF is populated by various marine and radiolocation services. MF contains our domestic AM broadcast band, some radiolocation and tropical broadcast services. VHF and UHF are used by TV, FM broadcast, police and other public services. In between MF and VHF, that is from about 3,000 kHz (3 MHz) to 30 MHz is the HF portion of the radio spectrum. HF is the only portion of the spectrum that can carry world-spanning broadcasts on some part of its range at almost any time of the day or night.

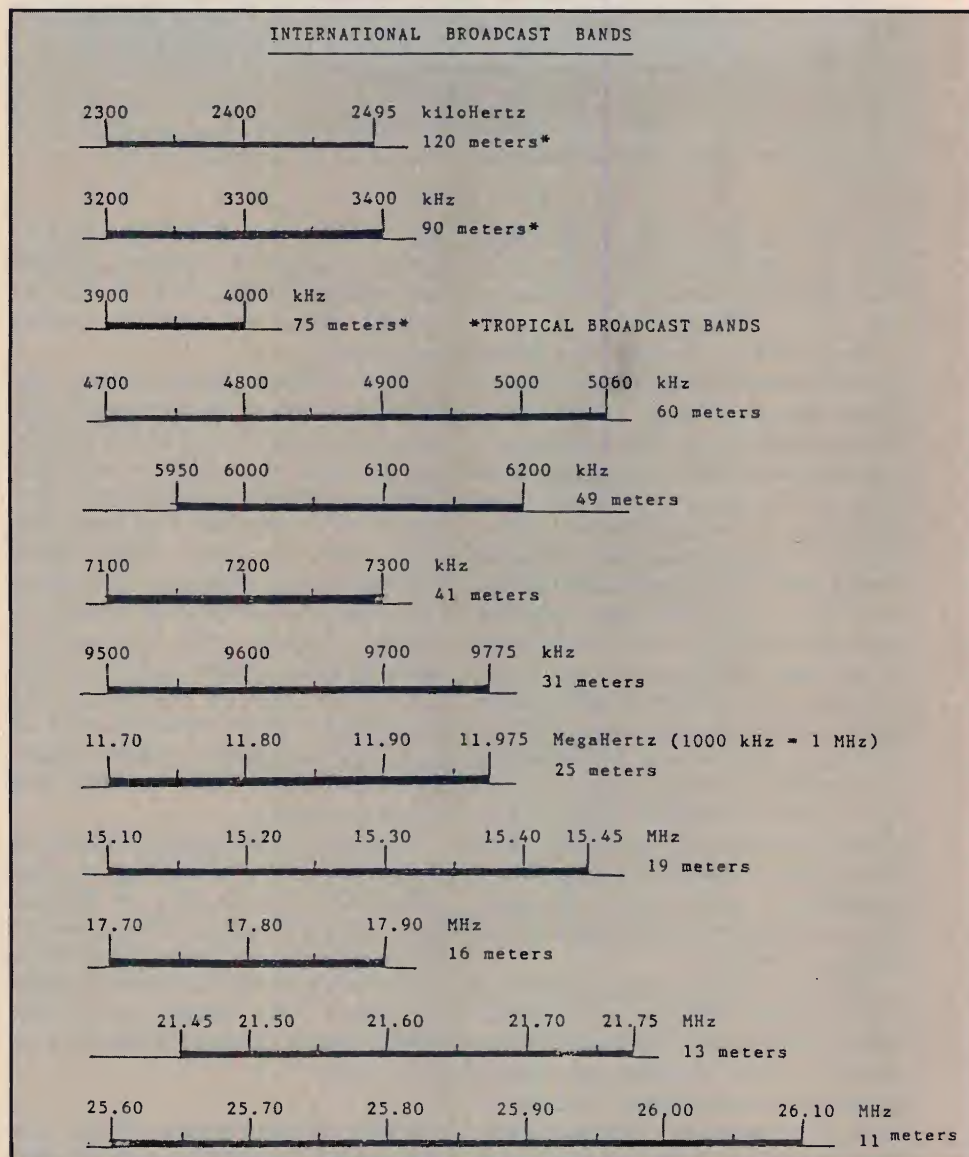
Amateur Radio operators discovered the global range of HF radio in the early 1920s when trans-Atlantic shortwave contacts were first established. Communications haven't been the same since.

The sun's emissions cause the ionosphere to be reflective of HF radio signals. There are a number of patterns to this propagation (for instance, the 11-year sunspot cycle should cause HF conditions to steadily improve over the next five years); the one that most concerns you is the daily day/night cycle.

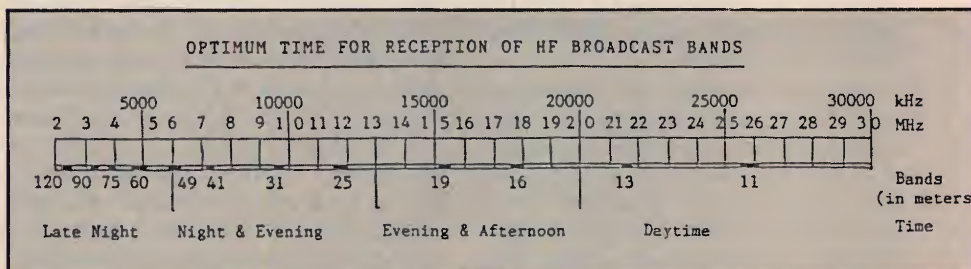
Distant parts of the earth that are on the daylight side of the planet will communicate best (and possibly only) in the high end of the HF spectrum. Night side will communicate best in the low end of HF. During the daytime, usually, frequencies below 10 MHz will be dead to long range signals and then as the afternoon fades into evening the higher bands, such as 11, 13 then 16 meters will die out and you will begin

getting stations on 41 and 49 meters (see chart).

Very late at night you may get signals only on signals below 5 or 6 MHz, and may even begin hearing medium wave AM broadcast band stations from a couple of thousand miles away. At dawn the process quickly reverses and MF and low HF signals die out and the higher bands get good again.



International broadcast stations can be found in or near these HF frequency bands. The three lowest bands (120, 90 and 75 meters) are set aside for primarily tropical broadcasters.



This chart shows you at a glance the relative location of the shortwave broadcast bands in the HF spectrum, and the time of day that is usually best for using them.

Broadcasters electronically aim their huge antenna systems at the part of the world that will best receive their programming on that frequency. Fortunately, you can often copy these powerful signals, though they are beamed at other parts of the globe. You will find these various shortwave stations in or near the internationally assigned bands of frequencies within HF (see chart).

Receivers—If you may be interested in copying utility stations in the future, or just want a particularly good HF broadcast receiver, you should consider a “communications” receiver. They are priced in the \$500 to \$1,000 range. Some of the most popular are the Kenwood R-2000 (\$550), Yaesu FRG-8800 (\$500), Ten-Tec RX-325 (American made, \$600) and the ICOM IC-R71A (\$800).

If you are pretty sure that, for now anyway, you are primarily interested in shortwave broadcast, you can pick up a good quality “consumer” shortwave broadcast receiver. I recommend that you stick to brand names that you recognize. A wide variety of quality consumer radios are sold under such popular brand names as Sony and Pan-

asonic. Be prepared to spend at least \$80 to \$100, minimum, for the smaller analog tuning portables. The better, and handier, digital tuning receivers are more . . . up to about \$400. Capabilities are pretty much dependent on price. Some of the models to consider are Panasonic/National RF-B10 (\$80), a small analog dial portable, the Sony ICF-2002 (\$250), and the Sony ICF-2010 (\$250). The 2002's predecessor, the ICF-2001 was reportedly issued to our CIA folks in Nicaragua for copying coded voice instructions. It is innocent looking, and it's precision digital tuning and sensitivity make finding stations easy.

Antennas—Unless you absolutely must, don't depend on the whip antenna that your radio may have attached to it. If nothing better is available, clip one end of 25 feet of insulated hook-up wire to the radio's whip, and throw the other end out the window. The best antennas are wire antennas that are as long as possible (100 feet is good), as high as possible and mounted as far away from surrounding objects as possible. Optimum reception can be had with a random length wire antenna and an antenna

tuner such as the MFJ-16010 (\$40), or with an antenna especially constructed for optimum HF broadcast band reception, such as the B&W ASW-60 (\$60). A good antenna is important. I'd rather make do with a “so-so” radio and a really good antenna, than a good radio and a “so-so” antenna.

After you've gotten some experience listening to the “giants” on shortwave, start practicing your careful listening. Listen for the weak ones, tune slowly back and forth across a band. I highly recommend a book called the *World Radio Handbook*, a highly comprehensive directory (\$20) of just about every broadcast station in the world, with handy cross references as to time, frequency, and reception area. Once you are familiar with your radio and what it can do, this book will enable you to get a great deal more out of your listening.

SW listening is a skill and like any other requires practice. It is a lot different from listening to your local FM rock 'n' roll station. Even in the beginning, though, you will be amazed at how much better informed you are, and maybe at how much fun you and your family are having. In times of trouble, though, is when you're really going to appreciate shortwave listening! ●

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Staff Report

BOWIE KNIVES are an American tradition. The proven and effective blade design has been carried during much of the history of this country by pioneers and frontiersmen, adventurers, soldiers and sailors and many others. Variations of the bowie knife abound and this type of knife is as popular today as ever. One of the latest bowies on the market is that produced by Iron Mountain Knife Company of Sparks, Nevada.

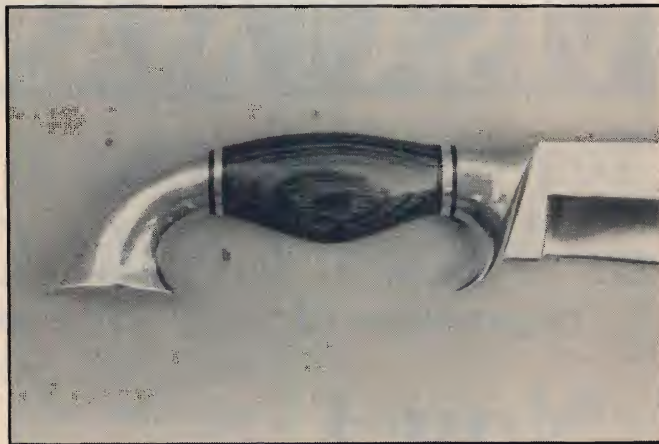
The Iron Mountain bowie is made of quality materials and features a unique, patented handle design which permits a firm hold with excellent balance.

This pistol-style handle bowie has a 9½-inch long blade of 425 modified high carbon, high chromium stainless steel. The handle butt and guard are manganese bronze alloy and the packawood handle material is composed of thin layers of birch bonded with resin.

This knife is intended for a variety of outdoors chores including chopping, splitting, butchering. It is also collectible and guaranteed for life against defects in materials and workmanship. The hardened 58-60 Rockwell blade sports a razor edge fine enough to shave with and the manufacturer claims the blade

will hold this edge for quite some time before needing sharpening.

The Iron Mountain bowie comes with three handle sizes, small, medium (pictured here) and large (blade length is the same for all handle sizes), and each knife comes with a heavy duty genuine leather sheath (also pictured here). The knife, regardless of handle size, is \$195 postpaid from Great Lakes Distributing, Dept. ASG, 600 W. Orange, Greenville, MI 48838; (616) 754-6649. Send \$2 for a 60-page catalog of Great Lakes knives. ●



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Self-Defense:

Hand-To-Hand Combat

Surviving an attack without a black belt. . .

By Chris Parkerson

PHOTOS BY TOM TRIPP

YOU are a family man. You work at least 40 hours per week. You have children to rear, a yard or small garden to tend, and in your spare time you read magazines such as this one in hopes of finding valuable information for you and your loved ones.

If you fit this image you are like the majority of modern survivalists in America. You see the rise in our nation's crime rate and the proliferation of lawless activities in your own neighborhood. Perhaps you have purchased an electronic home security system as well as a family dog and shotgun in order to ward off possible intruders. Good for you! But what of the risk to you and your family outside of the home?

You know that it is both illegal and most often impractical for you, your wife and your children to brandish weapons during your daily out-of-house activities. By the same token you become frustrated once you learn how much time and money it takes to become proficient in a traditional martial arts system. Be dismayed no longer. There is an answer to your dilemma.

I have been involved with martial arts for more than 12 years. From this experience I have discovered five principles which are present in every winning fighter I have watched. In this article I will explain these principles and make some suggestions about how to incorporate them into a practical and affordable home training program. But before we proceed I would first like to put the study of these principles into their proper survival context.

Since we will be talking specifically about hand-to-hand combat (as opposed to combat involving weapons) you should first remember that this form of fighting, no matter how proficient you become, is not a cure-all which can insure survival in every hostile confrontation. At best, empty-hand fighting should be your *last* line of defense. Diplomacy is always the better way out of a fight. But if your ability to palaver fails you, to run away



The kicker has been pushed off balance and is about to fall because of the forward motion of the man who is receiving the kick.

from a dangerous situation hurts nothing but your pride. If both fast talking and fast feet are impractical options, keeping distance between an aggressor and yourself can help to diffuse an explosive situation as well as provide a buffer zone in case a weapon should be drawn.

Only if a situation deteriorates completely and there is no means of escape would I advise using a make-shift weapon. Defensive weapons can be found almost anywhere if you know what to look for. I would always prefer to use a stick as a staff, a trash can lid as a shield, or "power-throw" an object before I try to become a Billy Jack. It is only when my creativity has reached its end that I would rely upon my personal empty-hand combat training. Now, should you ever find yourself in this kind of extreme situation, the following five principles will greatly

enhance your ability to survive.

PRINCIPLE #1, Getting Rid of Butterflies: There is literally no "secret" move or special combat technique which can replace the conquest of personal fear. I have seen many students go from dojo to dojo in search of that one "new" movement which will baffle their sparring partners and defeat their enemies. What most of these transient students really need to overcome is their own inner fear of getting hit. The first principle every street survivor must learn, then, is to "get rid of the butterflies" in his/her stomach before the fight begins. When you know how to take a punch and when you know how much force your body can absorb or repel without injury, the initial seconds before a fight begins are less emotionally taxing. You can concentrate more upon

the task at hand and dwell less upon unsettling visions of personal pain.

To toughen the body (the stomach in particular), is a four-fold process. First, begin every morning with a regimen of sit-ups and leg lifts. Do not forget the leg lifts. They will prevent the potential of lower back injury when practicing the other phases. In the second phase, begin to strike your stomach gently with your forearms. This step requires patience. You do not want to bruise your muscles or internal organs by becoming too anxious. By the end of six weeks, with slow systematic increases in force, you should be able to strike your stomach with your fists relatively hard. In time you will be able to strike your solar plexus without much discomfort. When striking, remember to tighten your muscles and meet your strikes with your stomach. Let your strike bounce off your stomach as if it were a big base drum. In the third phase, recruit a partner and play "medicine ball" with them. Do hits by facing each other and simultaneously exchanging stomach punches. Be sure to go slowly and progress within the limits of your partner's ability. Good training partners are hard to find so lay down some courteous ground rules before

entering this phase.

You will know when you are ready for the last phase. When the time comes, ask exceptionally large relatives and friends to strike you in the stomach with half strength. If you successfully repel the strike, request a full-force strike from them. Your confidence will grow by strides when you discover that large muscular macho-types cannot penetrate your newly-acquired "iron vest."

PRINCIPLE #2, Trust Your Weapons:

The second principle you must master in order to become proficient in hand-to-hand combat has to do with your ability to hurt your opponent. You must discover exactly how much damage your natural weapons can inflict if you are going to learn to trust them. A weapon can be any part of your body which strikes your opponent. I have personally used forearms, shoulders, hips and my forehead, as well as my fists, elbows, feet and knees. The first phase of learning to trust your weapons has to do with the conditioning of them so that they do not become damaged when you use them with full force. Because of the brevity of this article we will concentrate mainly upon the conditioning of the hands.

Some form of bagwork is essential for the conditioning of your hands. Punching a bag toughens the skin on your hands as well as develops the physics and timing of your punch. Your bones learn to line up properly so that your wrist does not collapse upon

impact. Your body also becomes aware of its positioning so that maximum impact can be executed. Along with consistent bagwork, I suggest you practice what martial artists call "Iron Palm" training. There are many ways to develop an iron palm. Some are more dangerous than others and some have better results. I believe that the safest way to develop an iron palm does not necessarily produce the best results. Nevertheless, the system is safe and consistently produces a powerful fist.

The iron palm system takes about six months to perform and can be repeated as long as you take periodic rests. First, fill your bathtub with about eight to 10 inches of warm to hot water. Place a cinderblock in the water and put a wet folded towel on top of it. Kneal down in the water and drop your hand on the towel with a back-hand slap, a hammerfist, and a front-hand slap. Do this with both hands about 10 times per session or until you feel them pulsating. *Do not* strike hard in the beginning. Keep your arm relaxed and keep plenty of water in the towel. Too much force too soon can do great damage to both your hands and your internal organs. If you develop a chronic bruise, lay off until it heals.

When you have completed the strikes, rub your hands in either *Lee's Linament* or some other form of bone-bruise medicine. You can normally find these kind of medicines advertised in karate magazines or have a qualified herbalist concoct a good one for you. When used together, the hand strikes



ABOVE — The "iron palm" system takes about six months and requires only a bathtub, a cinderblock, a towel and some perseverance.

LEFT — Bagwork strengthens your natural weapons and is a great medium for building stamina.

Hand-To-Hand Combat

and medicine make your fists firm without the disformities common to many martial artists.

Train your forearms and shins by lightly tapping a stick on them or by rolling a soft drink bottle over them. Bone bruise medicine works well on these areas also. Do not put any medicine on the forehead, the back of the neck, the stomach, or attempt to take it internally. Finally, test your weapons with various breakable objects. Styrofoam, wood, and watermelons are good specimens. Once you know the value of each of your weapons, a "personal fighting style" will begin to emerge and your confidence will continue to grow.

PRINCIPLE #3, Danger-Go: The third principle I would like to describe is called "Danger-Go!" By using this phase I am trying to correct the most common error students of the martial arts make. In a fight you must rarely (if ever) step backwards when an opponent initiates an attack. Not only does the practice of backing up give you a "retreat" mentality; it also gives your opponent a second chance to hit you. His forward motion is much faster and has more momentum than your backward movement. It is only after years of training that a defender can step backwards into a strong stance and deliver an effective block and counterpunch against an angry and charging opponent. Most often, if a novice attempts this maneuver, he will find himself literally overrun by such an attack.

I recommend that when you are attacked, the most correct response is to move forward with total commitment. If you have conquered your "butterflies" and have learned to trust your weapons, learning this principle will come much easier. Drill with your training partner. Let him initiate controlled attacks while you respond by moving into him. Be vocal. Marines train this way and by doing so, overcome the fear of charging into a fire-fight. It works. Often, your mental presence alone will give your enemy a "retreat" mentality and you will be able to run over him instead of the other way around.

During this drill you will discover at least three important things. First, you will be amazed at how many kicks and

punches can be jammed or trapped during your counter-attack. The critical distance for a kick or a punch to be effective can be bridged more quickly than you think. Secondly, you will discover that your weapons receive more force because of the momentum of your forward movement. Thirdly, you should experiment with your ability to move forward, but off the direct line of attack. Instead of clashing with your opponent, angling movements can actually put you behind him. Most often angling will allow you to attack one side of your opponent as opposed to having to be concerned with both of his hands and both of his feet.

PRINCIPLE #4, Box a Kicker-Kick a Boxer: The next important principle to



Exchanging forearm blocks develops your arms as both blocking and attacking weapons.

learn is to never fight on someone else's terms. If your opponent looks like a boxer, kick his legs out from under him. If your opponent looks like a kicker, move in close and use your fists and elbows. If your adversary is a wrestler, don't let him get a hold on you. If he is lean, agile, and mean, get it over with as fast as possible so that his superior conditioning can't be used to wear you down. Simply put, stay in control of the fight to the best of your ability by capitalizing on the knowledge you have of your opponent's strategy.

PRINCIPLE #5, Always Get the Better of an Exchange: This last prin-

ciple is essential to survival and can only be confidently mastered after you have the other four perfected. Once you have been attacked, always dish out more punishment than you receive. Never quit fighting until you do so! Most street encounters don't go beyond one clash before one of the contenders decides that discretion is the better part of valor. Serious encounters rarely last more than two minutes and involve about three or four clashes. Clashes, unless they degenerate into wrestling matches, only last a few seconds. If you have done your sit-ups and leg lifts, if you have practiced your bag work, and if you have drilled with your partner, you will have the aerobic stamina to commit yourself to the fight until the other person backs off.

Whether you have actually done more damage to your opponent than you have received is a matter of perception. If you fight until he backs off, it is likely he perceives that you are getting the better of the exchange. If you back off, your opponent will probably perceive that he is winning. One way to assure yourself that you can continue an attack until the other person retreats is to let your body take over. Thus the old maxim, "If you stop to think in a fight, you lose."

By mastering the first four principles you will have trained your body to react on its own. Continue your training by attacking your punching bag with total commitment until your energy is drained. Rest a while and do it again. Do not think about what kind of punches to deliver and do not think about how many seconds your attack has lasted. Let the "animal" in you emerge and imagine yourself literally ripping your opponent apart. Your training up to this point will allow your senses to locate the areas to strike on the bag and ultimately, on a real adversary.

Now that we have discussed the five principles of hand-to-hand survival, put them in their proper self-defense context, and show how they can be practically and economically appropriated into a training program which fits our busy lifestyles, begin by training something like 30 to 45 minutes a day. Look at this block of time as an exercise break which produces more than just a healthy body. Being able to defend yourself in a fist fight is an acquired skill. But like any skill, it must be refined through consistent training. And with training comes survival. ●



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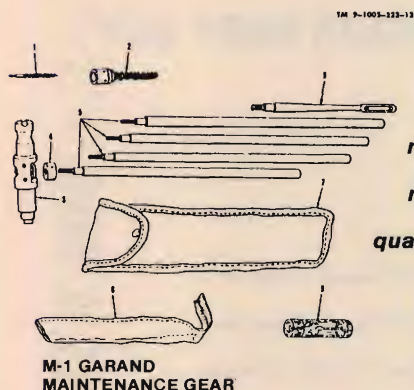
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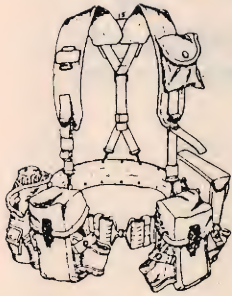
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Staff Report

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Staff Report



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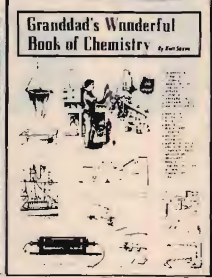
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Risk Management:

Executive At Risk

Avoiding kidnapping and other terrorist attacks. . .

By Robert S. McKay



80 percent of all terrorists kidnappings and assassination attempts occur while the victim is in transit, usually by automobile.

IF your business or lifestyle involves a moderate amount of travel overseas, you've no doubt considered the possibility of terrorist attack. While some Americans have cut back on foreign travel until things "cool down," others cannot, or will not, allow the threat of terrorism to change their travel plans. Businessmen and government employees, in particular, are prime targets for kidnapping or assas-

sination attempts. By following some basic security procedures, however, the executive living or travelling abroad can drastically reduce the odds of being "singled out" by terrorist groups.

The very best way to avoid terrorist attack in high risk areas abroad is to keep a very low profile. Remember that knowledge is power. In order to set up a kidnapping or assassination attempt,

the terrorists have to know your routine, the layout of your home, where and how you travel, and a great deal about you and your family or business. If you're difficult to follow or watch, the terrorists will be denied the intelligence required to plan a successful kidnapping or assassination. In order to deny them this information, you should take several precautions.

First, avoid public events, political



Professional bodyguard Bradley J. Steiner illustrates tactics for use against armed attackers. He pushes the client down and out of the line of fire while reaching for his own weapon, then prepares to step completely in front of his downed client while simultaneously returning fire.



gatherings, and ANY type of media attention whenever possible. Photographs and apparently trivial information about your job or home life can be invaluable to terrorists. Be particularly wary of "freelance" journalists who appear to take an unusual interest in you or those around you. And warn your family, friends, employees or business associates not to give out ANY information about you or your family on the phone or to strangers without seeking your approval first.

When you travel anywhere keep your route, intended stops, and travel times as private as possible. Make the reservations yourself if you can, and use initials instead of your first name. Try not to rely on the same travel agency all the time, and avoid paying for tickets, rentals, and accommodations with corporate credit cards or company checks. If you don't want to carry cash, use traveller's checks that will make you look like an ordinary tourist.

Before you leave, be sure that ONE trusted party knows your complete itinerary, and make arrangements to call in and verify your whereabouts at specified intervals. If you fly into another high-risk country, DON'T have a marked corporate car or limo there to meet you, and don't rent an expensive car even if you can afford it. Flashy cars attract attention, and usually don't have the evasive driving features that you may need if someone tries to overtake or ambush you on the road. If you've got to travel outside of metropolitan areas, consider an all terrain vehicle that can handle open country. These vehicles also have the stout bumpers needed to ram through roadblocks if you have to. Also, never drive with less than half a tank of fuel, since you may need it to escape a chase car.

When you travel by auto, drive in daylight when roadblocks, ambushes, and tail cars can be more easily spotted. Take unpredictable routes through populated areas, and travel with a companion whenever you can. From a hardware standpoint, try to choose a large vehicle with heavy-duty tires and a lot of horsepower. Avoid sports cars and small compacts, which don't have the power or mass required to ram through roadblocks. Use a locking gas cap to keep your fuel from being sabotaged. If you travel predominantly in urban areas, try to keep your vehicle windows clean and the finish waxed, so that telltale fingerprints will be seen when inspecting the car for signs of tampering.

If the parking lot or garage at your workplace has your job title or name painted in your space, don't park there! If you see an occupied car in the garage that appears to follow you as you leave, don't try to outrun it, but instead drive immediately to the nearest police station or to the American Embassy or Consulate.

If you're confronted by an apparent accident, roadblock, or stranded motorist in a high-risk area, do not stop! This may seem callous, but you can't be too careful. You can always stop to call for help once you've reached a safer spot. If you find the road ahead blocked by a vehicle or wreck, stop as far away as possible to size up the situation. If it looks fishy, turn around and leave! If you can't turn around, your best bet is to ram through the blocking car(s). To do this, approach the roadblock at moderate speed, as if you intend to stop, then hit the floor with full throttle, aiming for the rear end of the blocking vehicle at a slight angle. This should surprise your would-be abductors, who may be reluctant to fire at you for fear of hitting one another or their chase vehicles with their own crossfire.

When you arrive at your destination, stay in hotels in busy areas but NOT those that cater to Americans or foreign travellers exclusively. Do not tell desk clerks where you're going when you leave, and don't leave your key at the desk if you can avoid it, so no one will know whether you're in or out. If you take a cab somewhere, choose it yourself and don't hail from in front of the hotel where you're staying. Likewise, don't announce your destination to the driver until you've left the curb. If the driver speaks English, don't get too chatty. You never know!

If you call home, try to do so from a place other than your hotel room. You don't want your home phone or those of your associates showing up on your room tab for unauthorized eyes. At night, be sure to keep your windows locked and the door chained. If there aren't any inside door locks, carry a portable travel lock with you to prevent surreptitious entries.

Protecting Family—When living overseas with your family, it's best that they also remain low profile. If you've made it tough for terrorists to target you directly, they may try to get to you through your wife and children.

As you set up housekeeping in a foreign land, try to make your

Executive At Risk



If you've made it tough for terrorists to target you directly, they may try to get to you through your family.

children's room the LEAST accessible area of the home. If you live in a multi-story building, put them on the top-most floor as far away from the stairs as possible. At bedtime, don't just send them to bed—tuck them in and be sure that no one's waiting for them in the room. Keep their windows closed and locked; if it's a tropical climate, consider bars on the windows or intrusion alarms.

Outside the house, be sure that there are no dense bushes or shrubs near doorways or windows where potential kidnappers could hide. Remove any trellises, drainpipes, or nearby trees that could be used for second-story access. Most importantly, LOCK your motor vehicles in a garage whenever possible to minimize the potential for auto sabotage. If this isn't possible, invest in an audio alarm that also includes the hood and trunk latches.

It's a good idea to set-up one room in the house as a "vault," with a solid door, sliding bar lock, shuttered windows, a radio, and firearms if available. If you can delay terrorist kidnappers from getting to you for several minutes after calling for help, there's a good chance they'll call off the operation to avoid capture or a shootout with police.

If you fear that terrorists or criminal extortionists might kidnap your children, you should be sure that they're supervised on the journey to and from school. Directions should be given to teachers and school administrators that NO information should be released about your child or others in your family without your written permission. Likewise, inform them that NO ONE should be authorized to remove the child from school without first clearing it with you. Do this in writing, so teachers and administrators can't later deny that they were given such instructions. If you or your wife are both out of the house at all while the children are home, be sure they understand that they're not to answer the door for anyone they don't know, no matter what. Be sure that they're able to telephone authorities at the first sight of ANYTHING suspicious.

It's not a bad idea to prepare a biographic file on yourself and your family just in case. This information should include photos, a brief biography and physical description, fingerprints, a cassette tape for voice analysis, list of hobbies, and a medical history. NEVER leave this valuable information in your home; keep it in a safe

deposit box or some other secure place. During a kidnapping or hostage situation, this information can be very useful to authorities both in searching for the victims or negotiating for their release.

Selecting Bodyguards—If you or your business have already been threatened or attacked by terrorists, you'll want bodyguards if you can afford them. To cut through some of the misconceptions people have about bodyguards, we interviewed one of the nation's leading experts on executive protection and personal security, noted author Bradley J. Steiner. A former bodyguard who has prepared risk portfolios for major "think tanks" and corporations, Steiner makes the following recommendations regarding the selection of bodyguards:

1) Don't hire a combination chauffeur-bodyguard. The protective assignment is too important. A bodyguard who acts as driver is seldom in the right place or state of mind to take immediate protective action.

2) Truly effective protection requires a team, not one or two bodyguards. Taken by surprise, even two highly trained bodyguards are no match for a squad of terrorists with automatic weapons, as the kidnap-murder of Aldo Moro so clearly illustrated.

3) Seek men trained in the protective tactical area, not policemen or military men. You want people schooled in "cover and evacuate." "Return fire" or "apprehension" are not relevant to the bodyguard function. The best background for such work is former Secret



GML Products recently came out with a portfolio case equipped with a bullet-proof insert as well as a quick-draw holster.

Service, U.S. Marshalls, or highly trained civilians who've mastered the appropriate tactics.

4) Be sure the protective team is trained in risk management and threat survey analysis. Without this sort of training, the protective effort devolves into strong-arm work.

5) Seek people who can develop rapport with the media if necessary, as well as with the police or other officials.

6) The bodyguard must be good with firearms, but with specific expertise that extends into PROTECTIVE techniques for high-risk situations. This sort of combat shooting is altogether different from the techniques applied by police or the military.

7) Bodyguards should have special driving skills, in case of emergencies. They must also be schooled in CPR, first aid, fire fighting, and swimming. Appropriate foreign language skills are mandatory.

8) A broad knowledge of explosives, bomb detection, and bomb threat emergency procedures are also mandatory.

9) Lastly, the bodyguard should not be a macho "showoff" who inflates his ego through his work. He should also be able to get along amiably with members of your family and your business associates whenever appropriate.

Even if you or your employer can provide or afford bodyguards, it's not a bad idea to take some other personal steps to insure your safety. Bullet resistant body armor—at least Level IIA—should be worn while travelling or when in public. Recently, GML Products has come out with a portfolio case that can be equipped with a ballistic insert as well as a quick-draw handgun holster. As you draw your weapon, you can hold the portfolio over your torso to provide additional protection from gunfire.

In the long haul, it's pretty clear that Americans are going to continue to be among top targets of international terrorists abroad. Since most Americans who live or travel overseas won't take effective precautions or retain a low profile, it's likely that there will always be a supply of innocent victims for the kidnapper, hijacker, bomber, and assassin. By following some of the common sense guidelines set forth here and by cultivating a little healthy paranoia, you can virtually eliminate any chance that you or your family will ever be the victims of terrorist attack in a foreign land. ●

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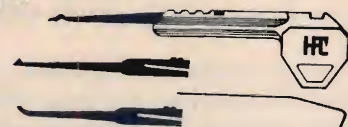


ESP-13

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Psychology Of Survival

The first requirement for the survivor is belief in oneself combined with a positive attitude. . .

By Bill March

THE current approach to survival training with a few notable exceptions is to focus on the physical skills and deal with the psychological aspects in a secondary manner.

This focus on physical survival is reflected in the following statement often found in survival manuals: man can survive approximately three minutes without air; three hours without shelter (in certain extreme weather conditions); three days without water (less in high temperatures); and three weeks without food.

One then must ask the question, how long will you survive if you panic or have no will to survive? The answer, of course, is not very long. I believe the crucial factor in the survival equation is the attitude and will to live of the survivor, and it is important to focus on this area when training for potential survival situations. The purpose of this article is to examine the nature of survival stress and the coping mechanism which can be mobilized to increase the chances of survival.

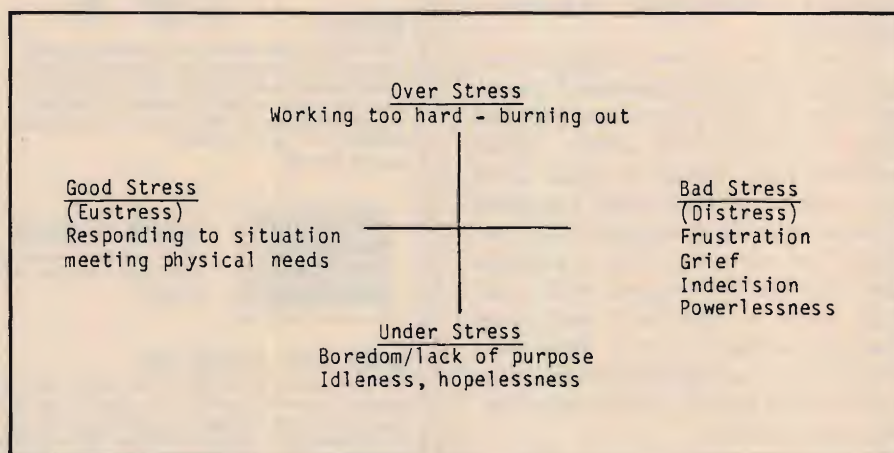
The first requirement for the survivor is to already have a sound self concept and belief in oneself as a person, combined with a positive attitude about his condition. Rather than think "what a terrible position I am in," one should focus on "how can I improve this position?" The crucial factor in mental control is our own perception of the survival situation. Our previous life experience, training, values, and attitudes form the perceptual filter through which we evaluate our situation. This evaluation will determine our response to the stressors. The stressors in survival situations may be fear, anxiety, pain, injury, illness, excessive cold or heat, hunger, thirst, fatigue, sleep deprivation, loneliness and isolation. The underlying psychological fear is a lack of control, a

feeling of helplessness which is accentuated by impending, continuous, lack of certainty as to the final outcome. The obvious solution is to begin exerting control by dealing with the stressors in a practical manner. ACTION reduces stress.

The different nature of survival stressors can best be illustrated using the following model of life stress. You will notice that it is just as important to avoid working too hard as it is to avoid the onset of boredom. When dealing with stress

a supreme effort may be required — to ski out of an avalanche, to grab a rescue rope, to avoid a rockfall. However, repeated attempts at maximum effort may indicate that the wrong solution is being attempted and trying too hard may exhaust limited resources. In these instances an increased focus on the cognitive domain may provide an alternative solution. If there is too much concentration on the cognitive domain the mind floods with too many alternatives and functional decision making may be impaired. People will dither and be in a quandary about what to do next or even what to do first.

In the case of distress the emotions dominate actions and feelings of frustration, grief, indecision and powerlessness may cloud judgement, develop into fear/anxiety and erupt into panic. Panic is normally associated with the initial impact of that stage of the survival experience although it may manifest itself later under prolonged stress. Hans Selye, the noted Canadian researcher on stress identified the following stages of the body's reaction to stress. An initial alarm reaction stage which is characterized by a drop in normal body activity — this is the initial frozen panic. This is followed by a rapid increase in body activity as the body mobilizes its defences



one should seek the balance of eustress which is a positive response of the exertion of a degree of control over the situation.

In a eustress situation there is a balance between the physical, emotional and mental aspects of the personality and all are coping with the situation. The person's abilities are able to adapt and manage the stressors. On the other hand in the overstress situation the physical aspect may dominate and greater and greater efforts made to fight a situation which eventually leads to fatigue, exhaustion and burnout.

There are survival situations where

and is aroused by increased hormonal activity and adrenaline, this is the "fight/flight" response as the body prepares for action and reaches a high state of physical and mental alertness.

This is followed by a period of adaption where the body maintains a higher than normal level of activity. The adaption stage continues until the stress is removed and the body returns to normal or, if body reserves are depleted, it ends in exhaustion and death.

It is important to realize that we all have a finite amount of adaption capacity. It is really important to know our capacity and to pace ourselves accord-



A doctor administers first aid for an ice axe puncture wound to a member of a climbing group in the Himalayas.



ABOVE — A member of the 1982 Canadian Mt. Everest climbing team shows signs of stress after four members of the team were killed in an avalanche and ice fall collapse.

LEFT — Climbers move through a collapsed section of the Khumbu ice fall.

ingly and use our finite spiritual and physical energy as effectively as possible.

Effective adaption and pacing are greatly improved with progressive training and realistic simulations. One of the side effects of technical survival training may well be an improvement in psychological endurance. This is more likely to take place if the survival training is

deliberately and purposely stressful. Obviously the level of this stress must be carefully monitored and controlled to prevent permanent harm.

The situation of under stress is typified by boredom, illness, lack of purpose and hopelessness and often develops in long term survival situations where people just give up.

In accident situations it is estimated that only 12.5 percent of the people react effectively; an incredible 75 percent will have some degree of bewilderment; 12.5 percent will exhibit inappropriate behaviors. The period of psychological shock will vary from seconds to years. Once again realistic simulation training, adaption and habituation will

Psychology Of Survival



A kayak is broached and pinned on the Red Deer River in Alberta, Canada. Panic in this situation could result in entrapment and drowning.

greatly improve a person's response.

This initial impact phase in a survival situation is followed by a second phase which has three stages: (1) *Denial* where the victims protests and denies the situation is happening — this is an intellectual non-acceptance; (2) *Recall* where there is a mental replay, retalking, re-imagining of the experience; (3) A return to more effective coping behavior typified by coming to terms with the problem.

What is the best way to handle survival stress? The answer to this problem is in the developing of a series of coping mechanisms or tactics which can be combined within an overall strategic plan. It is important to have a longterm plan and use the coping tactics to help achieve this objective. Coping mechanisms include: (1) Decision/action; (2) Setting realistic goals/Manageable units; (3) Centering or focusing; (4) Ritual and order; (5) Switching off; (6) Humor.

Decision/Action — Research has shown that the highest stress recorded in parachutists is immediately before the jump. Once the green light goes on and the person is committed to the jump the



A kayaker is rescued by throwline on the Red Deer River.

stress indexes drop rapidly before the jump takes place! Uncertainty and doubt are removed once a decision has been made and the movement to action brings one a sense of regaining of control of the situation.

The physical action also uses up energy from a body in a high state of arousal because of the flight/fight response. Inactivity in this high state of arousal is very stressful. It is even more beneficial if the action improves the situation even if it is only of marginal benefit, e.g., gathering firewood, making an inventory of resources, constructing a wind break, making a signal fire.

Goals, Management — When faced with a major survival situation do not try and solve it all at once. Identify basic immediate needs and deal with them on a one-by-one basis. In some extreme instances this "one step at a time" approach is the only way to go. When climbing through the extremely unstable and dangerous ice fall of the Kumbu glacier on the 1982 Canadian Mt. Everest Expedition I remember clearly breaking the 3½ hour journey down into stages of varying difficulty and danger and tackling them one at a time.

Triage is an extreme example of this approach: slightly injured and extremely seriously injured people are left in medical emergencies where there are limited resources, and the effort is focused on the seriously injured "in between" cases. The cold pragmatism is that the most seriously injured will die anyway, the slightly injured will survive and the ones in between may be saved. The important thing to remember is you can only do what you are capable of doing, no one is superhuman and it is unrealistic to expect the impossible.

Focusing On The Task — This technique is most effective combined with the breaking down of tasks into manageable units and then focusing all your effort and energy into accomplishing each goal. Do not waste energy on regretting events and mistakes or worrying and creating anxiety about events ahead. Deal with the immediate problems. It is really important that this does not exclude "strategic long-term" planning which would take place at another time as this planning would involve learning

involve specific procedures at set times and places and provide anchors or firm reference points for the survivors.

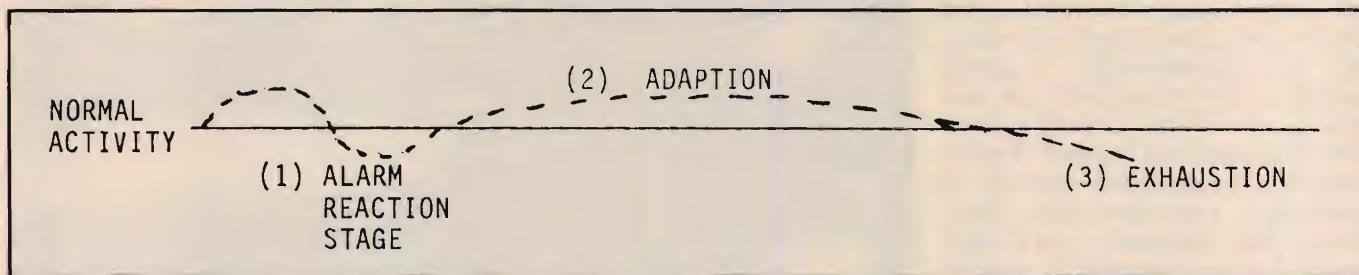
I remember one particularly unpleasant benightment on a winter climb in the Scottish mountains. There was a terrible blizzard and my climbing partner and I were stranded on a cliff ledge 1,000 feet from the ground with no shelter and only two sandwiches. The 14 hours of darkness were made more bearable by dividing up the sandwiches into seven portions and eating every two hours. The sequence was food, attempt to sleep, the onset of involuntary shivering, food, attempt to sleep, the onset of involuntary shivering. In the morning we were exhausted but alive and the storm had abated.

Obviously we had used the tactic of manageable units by dividing the night up into two-hour blocks of endurance; we had focused our energy on the two hours of survival and finally we had rewarded ourselves with a ritual two mouthfuls of food and then repeated the cycle. It was tough but it worked. We met the rescue team on the way home the

with caution. The most common example is the repression of emotions when dealing with tragic and often gory accidents when prompt effective aid must be administered.

Pragmatic and objective decisions have to be made often at some emotional cost and this eventually has to be addressed in order to maintain long-term mental health. This post crisis re-adjustment may be facilitated by open expression of emotion — crying, talking it out, sharing the experience with empathetic listeners. Professionals involved in rescue and emergency first aid often use their peers to deal with this post crisis emotional imbalance hence the close kinship in these professions.

Humor — The inclusion of humor may appear to be an unusual choice as a coping mechanism and yet in my experience it is one of the most powerful tools in a difficult situation. Humor may be defined as that quality of action, speech or writing which excites amusement, oddity or comicality. It may involve laughing at self or a situation and



from mistakes and looking ahead and planning against future problems and hazards.

Failure must always be regarded as "learning from one's mistakes." Ask yourself "what did I do wrong, how can I solve this in a different, more effective way?" Again, one sees the advantage of a positive attitude, lateral thinking, flexibility to change, and absence of dogmatism as desirable survival traits.

Ritual and Order — The degree of stress is directly proportional to the degree of change and the degree of perceived loss of control over events. The establishment of some form of order and the subsequent ritualization of this order is another stress reducing mechanism.

A ritual is a formal procedure or a solemn observance which has implied significance beyond the action. It brings order, stability and comfort to the observer. In a survival situation this could be many things: daily personal toilet; daily prayer; daily firelighting; daily meals. These rituals would normally

next day! In the longer-term situations the development of automated habits may also help in conserving valuable energy as one learns to be more effective and efficient with repeated practice.

Switching Off — The technique of total and selective switching off is another personal survival technique which may be used to one's advantage in certain situations. Total switching off can only occur when it is safe to do so, when one is safely in a survival shelter and attempting to sleep or just sit out a storm. One attempts to focus on more pleasurable experiences and thereby shut out the immediate situations.

If one is successful this allows the body some recuperation from external stresses and provides mental or sometimes spiritual release. Prayer and meditation are both variations of this technique — in the former requiring religious conviction and the latter some practical training.

Selective switching off is much more difficult to achieve and needs to be used

thereby seeing another side to what may be a serious situation.

This does not mean the situation is taken lightly, far from it, humor comes to play as a stress reliever after a positive action has taken place. Its value lies in relieving the situation and providing emotional release in a positive and restorative manner. There is some research which indicates laughter is good for you. The utilization of humor depends very much on an individual's personality and on his facility to perceive events in different ways and from different viewpoints.

The foregoing coping mechanisms have all helped me in stressful survival situations I have confronted in my own life. It is up to each individual to prepare him/herself for potential survival situations by thinking through their own psychological strength and weakness. The greatest fear is the fear of the unknown, not the unknown in the environment, the unknown within ourselves. We have nothing to fear but ourselves. ●

Snow Sense:

Avalanche Awareness

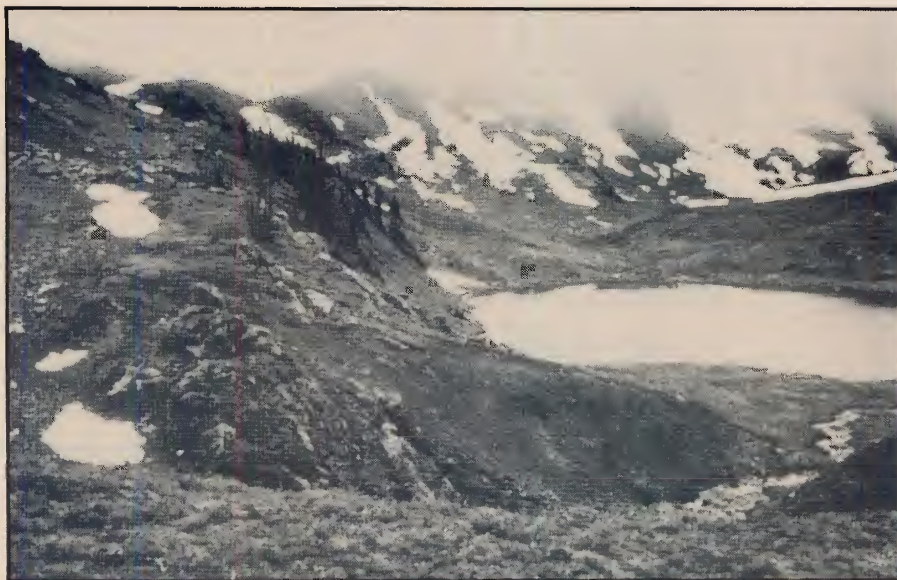
Literally thousands of avalanches occur in wilderness areas every season; read the signs, read the weather, read the terrain...

By Allen Deever

AN avalanche is hardly an uncommon phenomena, literally thousands occur every winter and spring in mountainous terrain, where the terrifying rumble of these flashfloods of snow are common sounds to woodsmen and cross-country skiers. Most occur naturally and spontaneously, triggered through a series of natural events, and seldom pose a threat to human life or limb. But even so, in the past 35 years some 300 people have perished in avalanches, avalanches they themselves either triggered or could have avoided had they been able to read the signs.

Understanding how an avalanche works can help one to minimize the risks of being caught in the midst of one, but first we must know a little about snow.

An avalanche, put simply, is snow, a river of snow, to be more precise, that for some reason has overcome its delicate bonds between gravity and earth. Snow cover is not a homogenous mass. If one were to dig a trench about four to five feet into the snow, then smooth the vertical wall of that trench with a mitten or whisk broom, he would discover a series of lines representing layers. Like the rings of a tree, these layers tell the history of that season's snowfall, and the quality of the snow that remains. A layer with a ridge, for example, is the sign of a harder, more compact layer, while an indented or valleyed layer shows softer weaker snow. Each of these layers is bonded to the other above and beneath it. It is when one bond gives way completely and begins to slide off, that an avalanche occurs.



This smooth, unforrested, high alpine slope shows signs of a past season's avalanche.

A good way to test the quality of these layers is to try the "touch test." With a glove still on, gouge into each layer of snow, making sure to note the properties of each. If your fist can penetrate it, the layer is *very soft*. If four fingers go fairly easily in, it is considered *soft*. If only one finger can penetrate the snow layer it is *moderately hard*. If it takes a pencil to penetrate it, it is *hard*; and if only a knife will go in, the snow is *very hard*.

So what does all this mean? Knowing the quality of the snow can help one determine how well the layers are bonded together. Some conditions to watch out for are hard layers atop weak layers atop very hard layers (sliders). The hard layer above is more dense, and therefore heavier than the soft layer below. And because the soft

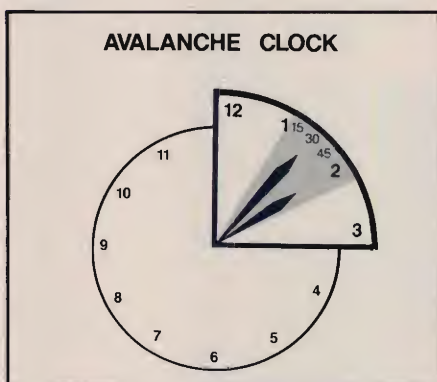
layer is sitting on a very hard layer, it has a surface upon which it can easily slide.

Although knowing these things can help one to determine the relative safety of the surrounding snow, it should always be remembered that the condition of the snow field at that moment in time can be very different a few hours or a day later. Many have been caught in avalanches while treading in the footprints of another who had passed that way a short time before. Any avalanche safety test is only good for the *here and now*.

If still in doubt, the next test that one can perform is the "slider test." With an ice saw cut uphill into the trench face about six inches, then make another cut parallel (two feet will do) to the trench face. Placing an ice axe, ski



Before entering snow country, know what to look for in regard to avalanche signs.



Slope angle is the prime factor in determining slope safety. The diagram above is of an "avalanche clock," a simplified chart of potentially hazardous avalanche producing terrain. Snow falling on a slope steeper than 60 degrees is continually sluffing off and therefore has very little chance to develop into a critical mass. 25 to 60 degrees is considered by most experts to be the "danger zone," with the majority of avalanches occurring between 30 and 45 degrees. Few avalanches of any importance occur on terrain less than 20 degrees.

(bindings facing uphill) or ski pole into the cut, pull downhill and see how well the layers hold together. If one easily slides loose from another, you'll know there could be problems.

There are three main factors that are responsible for layers breaking loose,

by far the most critical being *slope*. A severely steep slope (60 to 90 degrees) poses little danger in the form of avalanches. Snow falling on it is continually sluffing off, and therefore it seldom has the chance to build up enough to become dangerous. Slope angles between 25 and 60 degrees, however, are subject to frequent avalanches, with the greatest danger being on slopes with an angle of 30 to 45 degrees. Anything less than 25 degrees is fairly safe, although avalanches have occurred at this range. It is only when the stress of gravity exceeds the strength of the bond of the layers that an avalanche occurs.

Besides slope angle, slope shape is also important. Where the slope bulges outwards, the snow layer is stretched thin and therefore made weaker. Conversely, where the slope curves inward (concave) the snow is compressed and made stronger.

The second most important factor in "gravity stress" is weight. Wet snow is much heavier than dry snow, weighing upwards of 55 pounds per cubic foot, making rain a very dangerous factor in avalanche prone terrain. Rain

can also deteriorate the bonds between layers, although wet snow, upon re-freezing, is very strong indeed.

Avalanche Weather—Overall, weather (air temperature) is the prime determinant in snow strength. If the snow pack is fairly warm (25 degrees Fahrenheit or more) it solidifies rapidly into a strong and dense mass. One of the worst weather conditions, in regards to the formation of weak snow, is "fluffy" flakes falling in extremely cold air, followed by a layer of warmer, heavier (wetter) snow. The cold, dry, fluffy snow will not bond well enough to hold the heavier wet snow on top.

It's been found that approximately 80 percent of all avalanches happen during or shortly after storms. When snow falls at a rate in excess of one inch per hour or gains an extra foot of depth, its likelihood to slide increases dramatically. Too much weight too quickly can break otherwise strong bonds.

Heavy concentrations of snow can accumulate from "wind-loading," resulting in unstable conditions, especially whenever the wind is in excess of 15 miles per hour. Look for certain danger signals, cornices from wind loading, the pattern of snow drifts around boulders and trees. These are the backcountry traveler's clues as to what's been happening with the weather.

Nature almost seems to want to warn those who brave the outdoors of imminent danger. Dangerous weather signals are seen in the clouds, dangerous currents are seen in the eddies of rivers, and likewise, dangerous snow has signs of its own. "Sunballing" or cartwheeling balls of snow begin rolling down slopes, leaving their tell-tale tracks indicating deep instability beneath. A most unnerving sign of danger is the presence of cracks in the snow radiating out around one's feet.

Your ears are also excellent instruments for recognizing potentially hazardous ground. "Whumphing" noises occur when one layer collapses on another, a prelude of greater collapses to come.

Besides the snow factor, what does an avalanche-prone terrain look like? There are several signs to look out for. Avalanches often careen through established tracks, natural "ski slopes." Trees with branches sheared off on one side show past avalanche damage. Past avalanche damage always shows signs of present avalanche danger.

Avalanche Awareness

Generally speaking it's safer to travel on ridges than in valleys, especially the windward portions where the snow cover is more compacted and shallower. If possible, try to circumvent lee slopes and steer clear of valley bottoms. Avalanche slides have been known to travel as far as a mile, and the "blast zone" (the hurricane force winds that accompany a major slide) extend much further than that.

If the season is mid-winter, north-facing slopes are generally more dangerous, while in spring and in spring-like weather, south-facing slopes have a greater tendency to slide. Gullies (or chutes) are infinitely more hazardous than surrounding slopes. Densely wooded areas provide a good degree of protection by anchoring down snow, although sparse vegetation could be just *temporarily* holding back more weight of snow than the slope angle can accommodate.

When traveling in a group through avalanche prone regions there's a number of precautions a person can take to avoid being a casualty statistic if caught in an avalanche. Rucksacks and other loose gear should be carried in the hands to jettison if necessary, so as not to drag one down, besides creating a mess of scattered debris that will give rescuers a better idea of where to begin their search. Also, if buried, a rucksack clutched to the face can provide a larger pocket of air.

If worse comes to worst and the hiker or skier finds himself about to be engulfed in an avalanche, he can increase his odds of survival by knowing what to do ahead of time. The standard recommendation is to swim on the back, kicking and flailing for all your worth in an effort to stay on top, and try to make it to the edge of the slide. When the slide starts to slow the victim should thrust up any appendage available, before the snow settles, to aid in his being found. Also, before the snow settles, he should take in as much air as his lungs will hold, expanding the chest and rib cage fully to make it easier to breathe later when the heavy snow has his body pinned down. A final effort should be made to cup an arm in front of one's head, in order to create a little more airspace.

If the snow is dry and light, breathing should be no problem as plenty of air is trapped around the snow granules. Because wet snow, on the other-

hand, can weigh 50 to 55 pounds per square foot, it's possible for an avalanche victim to suffocate even with his head above ground, just from the weight of the snow on his chest.

Some important equipment for a group to carry, should one member of their party become an avalanche victim, would be an avalanche rescue transceiver, ski poles or other probing devices, a snow shovel, and a first aid kit. If each person crossing hazardous terrain were required to wear either a transceiver or a 100-foot length of brightly colored rope, the rescue process would be greatly enhanced. Remember, a person buried in snow

has only a 50 percent chance of survival if buried in the snow for a half-hour. Time will not allow for help to come from elsewhere, *you* are their only chance of life.

If there were no transceivers or colored ropes, or no hands or arms sticking above the snow, then hopefully the rescuers will have watched carefully the point where the victim disappeared. If this was impossible, begin randomly probing near areas of the greatest snow accumulation, near boulders or trees, near debris (rucksacks, etc.), and near the edge of the avalanche flow. If there is no trace at all of the victim, a "search line" should



Ice falls, collapsing seracs at the base or fall line of glaciers, can be extremely dangerous and unpredictable.

be formed of rescuers probing about 30 inches apart, advancing uphill two feet at a time. Once the victim is found, treat immediately for suffocation (first), then hypothermia and shock.

If one portion of the group gets cut off from the other portion, and no one was injured, it's best to wait till late afternoon or evening to proceed any further. By this time the slope should be in the shade and the colder air temperature and time have hopefully combined to give the snow a greater holding ability.

Snowblindness—Another major hazard associated with snow travel is snowblindness. Snowblindness is simply sunburned eyes. Snow is a highly reflective substance, and the extreme amount of ultraviolet and infrared light that's encountered in high altitudes can cause serious problems for the unprepared. Blistering of both the retina and cornea can occur. The easiest way to safeguard against

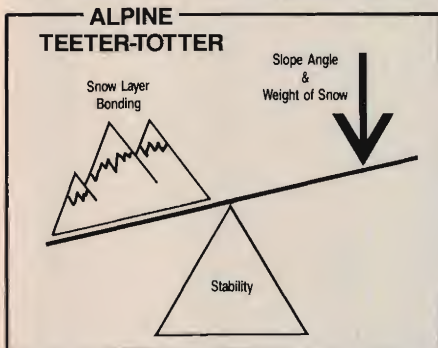
cornea can remain. Usually if treated properly, most snowblindness victims will recover within 18 hours—to a maximum of two to three days. Treatment generally consists of shading the eyes with cool, wet compresses, and strapping on two pairs of dark glasses to protect the light sensitive eyes from further damage.

Aspirin should be taken for the pain and to prevent swelling. If there is no aspirin available, a tea brewed from the leaves, bark or twigs of willow, or the leaves of quaking aspen will suffice. Both of these plants contain salicylic acid, the unbuffered active ingredient of aspirin. Chop up one-quarter cup of hot boiling water for 15 minutes before drinking. This dosage is equal to approximately two aspirins. Once a person has suffered from snowblindness, he will be more susceptible to it in the future.

If you find yourself unplanned and unprepared in the snow, a makeshift pair of sunglasses can be made from cardboard or the softer inner bark of Pine trees. If you're able to make a fire it's nice to boil the inner bark first, to make it even more pliable and easier to cut, but if you can't, the uncooked inner bark will do. Try to fillet off a piece wide enough to cover from just below the eyebrows to the bottom of the nose, and fashion a cord to tie it securely around the head. Make two narrow slits for the eyes to see out of, and a crescent slit for the nose. Lastly, coat the inside of the bark with a thin layer of black ashes or crushed charcoal to absorb any reflections that might come through.

Not only the eyes can be seriously burned from the glare of the snow. Many neophytes to snow travel are quite surprised at the plagues burns will occur. Sunburns under the chin and in the nostrils and ears are quite common from the ultraviolet rays being reflected upwards. The best sunscreen protections for most exposed parts of the body use para-aminobenzoic acid as their active ingredient, while the white reflective zinc oxide creams work best for the lips.

Snow is an amazing substance. Last month we discussed its wonderful insulting properties. It's a ready source of water wherever a traveler may go. When firm packed it makes cross-country hiking a joy that can hardly be equalled in summer. Snow is beautiful. Don't let it become a fatal attraction. Be knowledgeable, be alert, be attentive, and be always prepared. ●



When slope angle and/or weight equals or exceeds snow layer bonding, an avalanche occurs. Although a slope might be able to support the added weight of a hiker, one extra person could upset the balance.

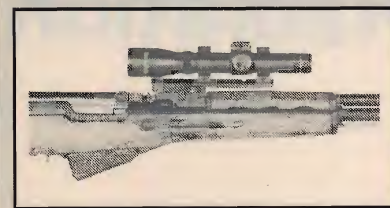
snowblindness is by wearing a good pair of sunglasses. Expensive does not necessarily mean effective, as some very poor but very costly designer sunglasses will prove.

A good pair of mountaineering glasses will generally come with specifications that list how much ultraviolet and infrared light is filtered out. A 90 percent effective lens is about right. The glasses should also come with shades that protect the eyes from glare coming in from the sides.

The first stages of snow blindness are accompanied by a scratchy (sandy) feeling in the eyes, followed by more watering than normal. In slightly more advanced stages halos or ghost images are seen around lights, the head starts to ache, and temporary blindness can occur.

Fortunately, snowblindness is seldom permanent, though some permanent damage to the retina and

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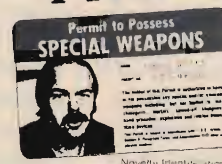
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Alpha, Beta, Gamma, X-rays:

Radiation Detection Equipment

Make sure you have the right equipment and use it correctly. . .

By Duncan Long

DURING a nuclear emergency, having the wrong radiation detection equipment could be as bad as having none at all. Worse, since it might give you the false security of thinking you were in a safe area when it was actually contaminated.

If, for example, you had a high-level meter designed for nuclear war use and you tried to use it in an area contaminated by a nuclear industrial accident, the results could be disastrous. For starters, the meter would probably show only a low, perhaps even fractional, reading; while this small amount of radiation exposure might not be of much consideration in a nuclear war where your goal is just to survive, in a nuclear accident, the low-level exposure is a consideration due to its effect on your long-term health. In a nuclear accident, you'd want to know *exactly* what the radiation level is.

Another problem with the nuclear war meter which you're using is that it may only detect gamma radiation; it might not pick up many of the dangerous products given off by a nuclear reactor accident. Again, this is no small consideration since isotopes which are quite dangerous to human health give off beta and alpha radiation as well as gamma. And a few give off no gamma radiation and are therefore "invisible" to your nuclear war meter. Of the isotopes which could be encountered in an accident, cesium-137 and strontium-90 are the most dangerous since they give off *only* beta radiation. Others like Iodine-131 and barium-140 give off gamma and beta radiation and plutonium-239 gives off gamma and alpha radiation; these would be detected by most meters.

And even in the aftermath of a nuclear war, a high-level meter might not be the best instrument for all types of work. For example, high-level meters wouldn't be so useful a year or so after the last nuclear weapons were used. Then the longer lived materials like cesium-137 and strontium-90 would be a health hazard and would be undetectable by meters which register



only gamma radiation. It would be impossible to detect fallout of these isotopes in food or on clothing.

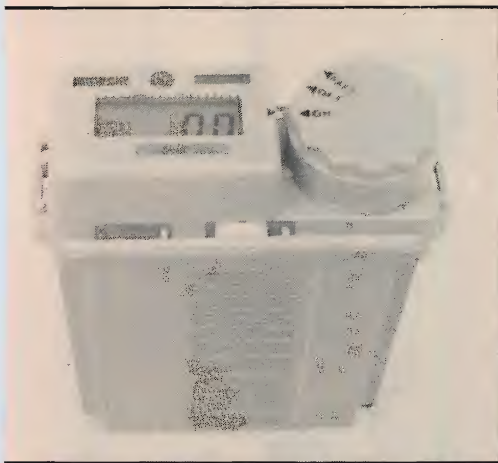
But an industrial, low-level meter isn't the answer for all situations either. Many low-level meters can "lock up" if exposed to the levels of radiation which might be encountered in a nuclear war; you'd get a low reading when the actual exposure was very high. Even if you were fortunate enough to have a meter that warns you when you've exceeded its limits, it would be a little disconcerting to have it beeping a warning and not be able to determine whether the radiation exposure was only a little over the meter's scale or in the "fry" range.

In either case, trying to use the wrong equipment would cost you your health and maybe even your life. Because of the differences in range and

type of radiation detected, few, if any, of the current generation of radiation meters are suitable for "all round" use in both a nuclear war and a nuclear accident.

With this in mind, most survivalists will find they will be wanting either to purchase two or more meters, prepare for only war or only for nuclear accidents, or try to purchase a meter capable of being used in both nuclear accidents and nuclear war. You'll have to weigh the possibilities against your pocketbook.

If this all isn't confusing enough, additionally, there are currently two principle types of radiation detection equipment available which can be of great use in protecting yourself from nuclear contamination. One type is the radiation meter; it gives the rate of exposure of radiation. The other type is



The Plessey PDRM 82 is a state-of-the-art nuclear war survival radiation meter made in the United Kingdom.



The MiniRad II is a pocket-sized radiation meter with belt clip and D ring so it can be carried in different ways.

exposure might become excessive.

Unfortunately, radiation detection equipment isn't cheap. If you have limited funds, the place to start is the purchase of a quality meter. A meter can show where the most dangerous levels of radiation are and help you to avoid them. But, with only a meter, you'll have to "guestimate" your total exposure to radiation. Since your total exposure to radiation is what determines the damage to your body, it's ideal to have a dosimeter as well.

Finally, purchasers should be aware that there are currently a confusing array of scales for registering the amount of radiation that is being detected. Among those currently in use are milliREMs, milliRoentgens, milliSieverts, and—with equipment from Europe—milliGrays.

The most common increments in the U.S. are "Roentgens" and the "REM" (Roentgen Equivalent in Man) or

radiation measurements involving human beings.

Now, let's take a look at what is available in the radiation meter area.

There are a number of good civil defense surplus meters on the marketplace. But they are nearly all designed for nuclear war; they're not so ideal for nuclear accident use since most are high-range meters and they don't detect beta or alpha radiation. Many of these meters also require batteries that are becoming frustratingly hard to find (though many large photography stores are often a good place to look).

Another catch with the CD meter is that it is often in need of recalibration. Since most of us aren't set up to actually test out a meter, it is wise to purchase CD equipment from someone who has recalibrated it or get a surplus meter recalibrated after you purchase it.

All in all, surplus CD meters are good provided you have a source of batteries for them and have had meters recalibrated so that they're accurate.

Perhaps a better route to take is to spend a little extra money and purchase one of the new, modern meters designed for nuclear war/civil defense use. Again, most of these are calibrated to read in higher 0-200 or 0-500 REM ranges which makes the low end of their scales too inaccurate for nuclear accident use (where a range in the neighborhood of 0-500 milli-REM is more ideal). But, as we'll see, a few of the newer meters can do double duty thanks to two scales of reading abilities.

The state-of-the-art nuclear war survival radiation meter is the Plessey PDRM 82 which is manufactured in England. The PDRM 82 is a "smart" meter with built-in IC logic circuits to do most of the work for you. The PDRM 82 uses three standard "C" cells making batteries easy and cheap to purchase and stockpile for it (a set of batteries will last for 400 hours of continuous use). Controls on the unit are simple: all you have to do is turn it on or off, it does the rest. No scales to set to, no battery checks, etc., as with most other meters.

The PDRM 82 has a specified shelf life (without batteries) of at least 20 years when stored in a dry area; you can buy it and store it away for later use without worry.

Keep in mind, the only downside with the PDRM 82 is that its digital reading is from 0.1 cGray/hr 300 cGray/hr (remembering that a CentiGray is equal to a REM) making the



The 3007 Survey Meter has three low-level ranges and with the probes shown with it, will detect alpha, beta or gamma radiation.

the dosimeter; it shows the total dose of radiation it has been exposed to.

It's important to not confuse total radiation exposure (or dosage) with the rate of radiation exposure. Total dosage (which is what dosimeters record) and dosage per hour (which is what most radiation meters give) can be quite different. For example, if you were taking a meter reading of 240 REMs per hour but only stayed in the area for one minute, your total dosage would be only 4 REM which would not represent any short-term health risks and probably would create no long-term problems. On the other hand, if you had a reading of 240 REMs on a dosimeter you'd been wearing, you'd stand a good chance of suffering from a mild case of radiation sickness.

Total exposure is the most important consideration for your safety. A dosimeter is the easiest way to determine this. At the same time, a radiation meter is essential to show when you're in a dangerous area where your total

"milli" (thousandths) increments of these (i.e., "Milli-Roentgen" or "mR" and "milli-REM"). In nuclear accidents or war conditions involving human beings, these two units of measurement are usually treated as being equal and interchangeable. A unit of measurement that is sometimes used in the medical and nuclear industry is the "Sievert" which is abbreviated as "Sv." The Sievert is a large unit so it is generally given as milli-Sieverts (or thousandths of Sieverts). One milli-REM is roughly equal to 100 milli-Sieverts. Yet another unit of measure is the "Gray." Like some of the others, this unit is large and therefore normally "CentiGrays" are used. A CentiGray is equal to one Roentgen making it easy to use since it is interchangeable with the Roentgen and REM used in most of the U.S.

Bottom Line—The CentiGray, Roentgen, REM, and 0.01 Sievert are basically equal to each other in most

Radiation Detection Equipment

scale too high for use with most nuclear accidents (but ideal for nuclear war use). Cost of the PDRM 82 is \$375 and the unit is currently being imported into the U.S. exclusively by Gillory and Associates.

One industrial meter which could double for either nuclear war or nuclear accident use is Dosimeter Corporation's MiniRad II 3036-2 model. This meter has two ranges of detection, one scale reads in the 0-500 mR/hr range and the other in the 0-50 R/hr range. Cost is \$325.

This MiniRad II is truly "pocket-sized" with a belt clip and "D" ring so that it can be worn or carried a number of ways. The unit has an internal speaker to give an audible alert as well as a gauge to give visual readings. The meter uses the common 9-volt transistor radio battery as a power source.

The only drawback with the MiniRad II is that it measures only gamma and x-ray radiation; so, again, the purchaser of this unit would do well to have a second meter capable of detecting low-level beta (and perhaps alpha) radiation.

In the "low-level" meter area of instruments suitable for nuclear accidents, there are a number of excellent instruments since these are currently being made for the nuclear industry.

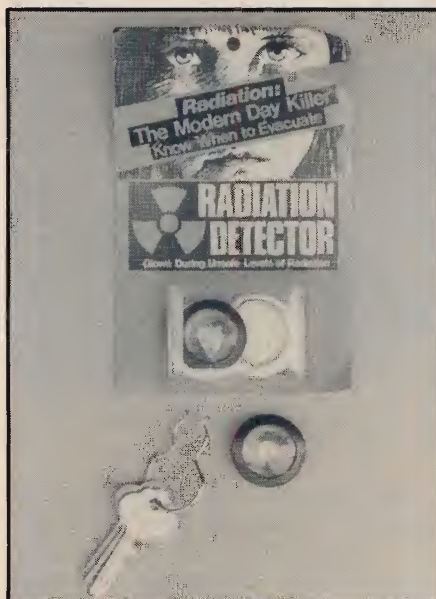
One excellent industrial radiation meter is the "3007 Survey Meter" manufactured by Dosimeter Corporation. The 3007 has three low-level ranges encompassing 0-0.5 mR/hr; 0-5 mR/hr; and 0-50 mR/hr. The meter also will take Dosimeter Corporation's 3011 probe so that the meter will detect alpha, beta, or gamma radiation when the probe is in place. Cost of the 3007 meter is \$290; the 3011 probe costs an additional \$150.

The 3007 meter uses two "D" cells for power. The 3007 is *not* ideal for high-level use, however. Like most other industrial meters the meter might "lock up" or give inaccurate readings with very high exposures over 1 R/hr.

Another good meter offered by Dosimeter Corporation is the 3700; this meter costs \$350 with a gamma/beta probe. The 3700 has three ranges: 0-0.5 mR/hr, 0-5 mR/hr, and 0-50 mR/hr. While the 3700 doesn't detect alpha radiation, the chances of being in a nuclear accident where the contaminated material gives off only alpha radiation would be remote. To switch

from gamma detection to gamma/beta readings, a "window" on the probe is rotated open to that scale. The 3700 uses common "D" batteries. Like other low-level meters, this unit will quit giving accurate readings or lock up when levels of radiation go beyond 1 R/hr.

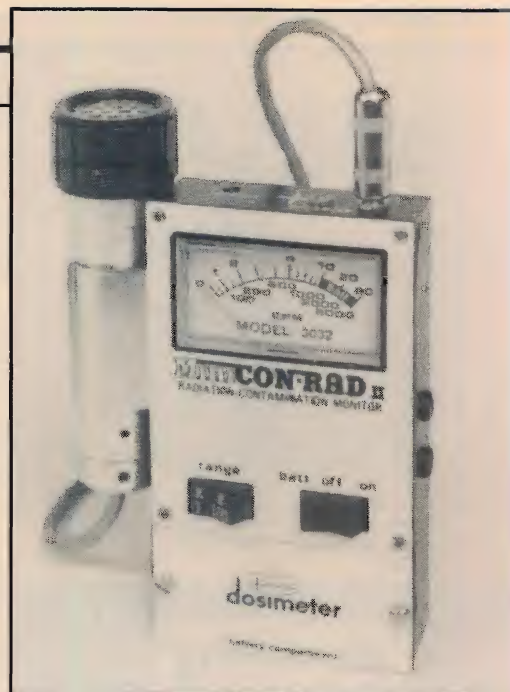
Dosimeter Corporation's Mini-Con-Rad II is a pocket-sized meter similar to the MiniRad II covered above. The Mini-Rad II detects only gamma radiation with a built-in probe but—with an external probe—will detect alpha, beta, and gamma radiation in the 0-500 mR/hr range. Like the MiniRad II, the Mini-Con-Rad II has an internal speaker, a gauge on its front, and uses a 9-volt transistor radio battery. Cost is \$550.



The Personal Radiation Detector uses a phosphorescent chemical which glows when exposed to radiation above .5 REMs.

The "Radiation Alert" meter is available from Direct Safety Company for \$200. This unit detects alpha, beta, and gamma radiation and has three ranges which cover 0 to 50 milliREMs per hour. The unit also boasts an internal "beeper" to give an audible signal of the radiation it is recording. Users of this meter should be cautious, however, since this meter can lock up at ranges above its scale. As one might suspect from the lower price tag, this meter is not quite as accurate as the other meters listed above and lacks a probe.

The RDX-Radiation Monitor (also available from Direct Safety) detects beta and gamma radiation. It uses a



The Mini-Con-Rad II is a pocket-sized meter similar to the MiniRad II. The Mini-Con-Rad II detects only gamma radiation with its built-in probe. With an external probe (shown here in place) it will detect alpha, beta and gamma radiation in the 0-500 mR/hr range.

9-volt battery and has a switch which activates the meter only when it is held down; this makes it a little awkward in use but also keeps you from accidentally leaving the meter on and running down the battery. An internal speaker gives an audible click when radiation is detected; unfortunately the gauge covers only 0 to 10 milli-REMs per hour. One excellent feature with the RDX-Radiation Monitor is that it gives an audible warning if its scale has been exceeded and the meter is locking up. Cost is \$110.

Yet another meter from Direct Safety is the Monitor 4 Radiation Alert pocket detector which sells for \$165. This meter will detect alpha, beta, or gamma radiation and operates over three ranges to encompass 0 to 50 mR/hr. The battery-operated detector will fit into a large pocket and has an audible beeper as well as its built-in meter. Like the other two lower-priced meters, offered by Direct Safety, the Monitor 4 is not quite as accurate as the more expensive meters but would certainly be better than nothing.

Whichever meter you end up with, remember that there is background radiation in all natural environments. You should get an occasional reading on most of the above meters. That means the equipment is working; a meter not registering an occasional "jolt" from a stray gamma ray is probably not working. Only when you start getting abnormally high readings with-

out a source of radiation or no readings at all do you have an obvious malfunction (though, of course, a meter can get out of calibration through abuse or age).

Perhaps one of the more interesting, and certainly the least expensive, of radiation detection devices is the "Personal Radiation Detector" manufactured by Nuclear Research and sold by SI (18239 S. Figueroa St., Gardena, CA 9024 ; (213) 324-8855) and Phoenix Systems, Inc. (P.O. Box 3339, Evergreen, CO 80439; (303) 674-2653) for about \$14.95. The small device is only an inch in diameter and about a quarter inch thick. Under its clear top, is a phosphorescent chemical which glows when exposed to radiation above 0.5 REMs.

Although the exact amount of radiation can't be "read" from this detector since it has no moving parts or dials, in subdued light the brightness of the glow increases as the radiation level increases until it glows with a bright green color with 5 REMs or more of exposure. Since that high a level of exposure demands *quick* evacuation, actual readings are immaterial. Nuclear Research is working on a second model of the Personal Radiation Detector which will use a small battery to sound an audible alert when higher-than-normal radiation levels are encountered.

Another effective and unique radiation detector is The Survivor from Threshold Technical Products (7225 Eddington Drive, Cincinnati, OH 45249; (800) 458-4931; in Ohio (513)

530-5242). It sells for \$185 postpaid in the continental U.S. The maker also has a European model for \$215 which operates on 220-volt current and uses German, French and Swiss wall plug configurations. The Survivor operates in two modes, either as a geiger counter emitting a clicking sound which increases in frequency as radiation levels rise, or as a high-pitched shrieking alarm when detectable levels of radiation or radon gas are present.

The Survivor is designed to be plugged in a 110-volt electrical wall outlet for continuous monitoring for gamma, alpha or beta radiation, x-rays



The 909 Dosimeter Charger, shown here with a dosimeter in its charging stud, is an excellent battery-operated unit which will charge nearly all dosimeters.

and radon gas. Should there be a power failure, The Survivor immediately switches to its own nickel cadmium battery power and continues to operate. This device will pick up very low levels of harmful radiation and radon gas.

Dosimeters—A dosimeter is needed to give you an accurate idea of your total exposure to radiation. Modern dosimeters are about the size of a short ink pen. Internally, the sealed tube is electrostatically charged; as the unit loses its charge, the scale reading changes. Since radiation causes the tube to discharge more quickly than normal, the scale will show when the dosimeter has been exposed to radiation (within the period of time when the unit would normally start to discharge by itself). Dosimeters have an eyepiece on one end through which you can peer at a

light source to read the scale.

Since a dosimeter must have an electrostatic charge to give its reading, you'll also need a dosimeter charger in order to be able to use a dosimeter. Normally, the electrostatic charge remains constant for about a month; dosimeters in use should therefore be recharged and rezeroed at least 12 or more times a year. (Good news: one charger can be used for many, many dosimeters. Regardless of how many dosimeters you purchase, you'll only need one charger.)

A dosimeter is usually worn by the person using it. The unit may be placed on a neck chain, clipped in a pocket, attached to a belt, etc. Dosimeters should be worn at chest or belt level. This will give a better average body exposure. Placing a unit on a hat or in a boot would give low or high readings as compared to what your body is actually receiving.

In a pinch, a dosimeter might also be used for a group in a shelter. In such a case, it would be placed in a central location to give a rough idea of each person's exposure. This would only give a *very* rough idea, however. A dosimeter for each member of a group is much more ideal.

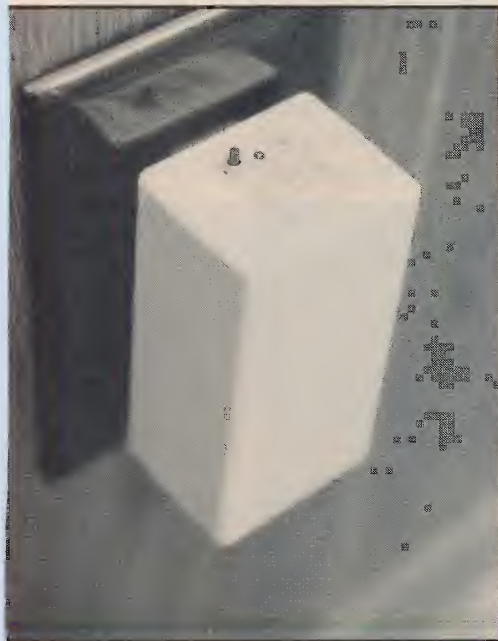
One important point: dosimeters detect *only* gamma and x-ray radiation. In environments which are contaminated by sources of alpha or beta radiation, the dosimeter will not give any indication of actual exposure. Alpha and beta radiation is stopped by heavy clothing and therefore not dangerous *unless* it's ingested. Internally, the material is dangerous since it can damage sensitive tissues in the human body.

As with radiation meters, a wide range of scales are available with dosimeters.

Those designed for use by the nuclear industry or in nuclear medicine will generally have low-range scales with the units in milli-REMs or milli-Roentgens; those designed for nuclear war use have higher ranges, usually in whole REM/Roentgen increments.

Ideally, you'd again have one of each type of dosimeter since the low range scales will go "over the top" in nuclear war fallout and the high-range scales would not be precise enough for the low-level readings probably in a nuclear accident. But most of us can afford to purchase only one or the other; therefore, prudence would dictate the purchase of a high-range dosimeter since it will tell you if you're facing

(Continued on page 71)



The Survivor operates on standard electricity from a wall outlet or from its own battery and detects gamma, alpha and beta radiation, x-rays and radon gas.

Victorinox:

Swiss Champ Survival Kit

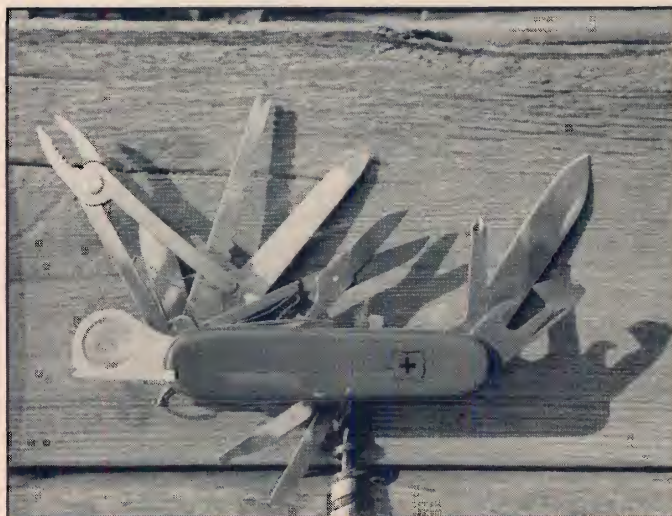
Top-of-the-line Swiss Army knife with special leather carrying case. . .

Staff Report



The new "Swiss Champ" is shown here with the optional "Survival Kit," a nifty little feature that clips to the belt and contains 11 extra features.

BELOW — Close-up detail of some of the many excellent features of the "Swiss Champ" by Victorinox. A real boon is the addition of pliers, something the older models never had.



The old and the new. The classic "Champion" sits alongside the new top-of-the-line "Swiss Champ."

VICTORINOX knives are the official knives of the Swiss Army. Invented in 1891 by Swiss knifemaker Karl Elsener, there are today more than 40 models of these fine tools known worldwide for their quality and craftsmanship.

The Swiss Champ is the most deluxe model of Victorinox's line of Swiss Army knives and is among the most recent models introduced by Victorinox.

With a suggested retail price of \$72, the top-of-the-line Swiss Champ features 29 different functions, including wood chisel, pliers, wire cutter, reamer/awl with sewing eye and mini-screwdriver.

A special leather case with 11 more different elements is a self-contained "survival kit" which can be purchased with the Swiss Champ. It is advisable to carry this knife in a belt sheath such as the "survival kit" made for the Swiss Champ, since it is too bulky to carry comfortably in most of today's tight-fitting pants. The kit includes a

ballpoint pen, compass and ruler. Suggested price is \$38.

Besides the nine standard features of large blade, small blade, corkscrew, can opener with small screwdriver, cap lifter with screwdriver and wire stripper and reamer, the Swiss Champ has a scissors, Phillips screwdriver, magnifying lens, wood saw, fish scaler with hook disgorger and ruler, nail file with metal file, nail cleaner and metal saw, fine screwdriver, key ring, tweezers, toothpick, chisel, pliers with wire cutters, mini-screwdriver and ballpoint pen.

Located in Ibach, Switzerland, Victorinox is one of the leading cutlery factories in the world, with top quality and serviceability as fundamental concerns. The company has an extensive repair and replacement policy for all original Victorinox Swiss Army knives. Each original Swiss Army knife bears the Victorinox-Switzerland trademark on the shank of the large blade. All blades are made of the best stainless steel.

The Cutlery Shoppe in Boise, Idaho, a major mail-order cutlery retailer, is offering the Swiss Champ for only \$46.95 plus shipping and the survival kit sheath for \$23.95. For more information contact The Cutlery Shoppe, Dept. ASG, 7512 Lemhi, Suite 3, Boise, ID 83709; (208) 376-0430. For orders only, call toll free 1-800-231-1272. •

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The leather pouch that holds the "Survival Kit" and knife is hardly bigger than the old leather knife case by itself.

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Model D86 Derringer

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with safety in mind...*

Staff Evaluation

F.I.E.'s D86 Derringer offers single-shot firepower in a compact, sturdy package designed with safety as a prime concern.

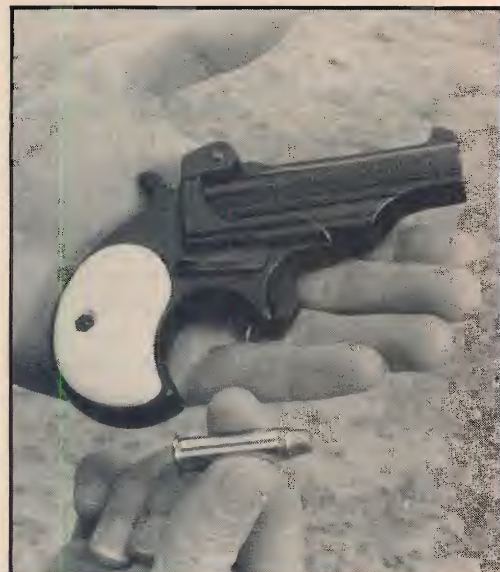
The D86 in .38 Special caliber is single-action and must be reloaded after each shot. A compartment below the barrel holds a spare cartridge and an ejector on the left side of the gun makes the spare available while removing a spent cartridge at the same time.

This weapon has the Remington designed bird's-head grip and top-hinged barrel, integral sights, exposed single-action hammer and spur trigger.

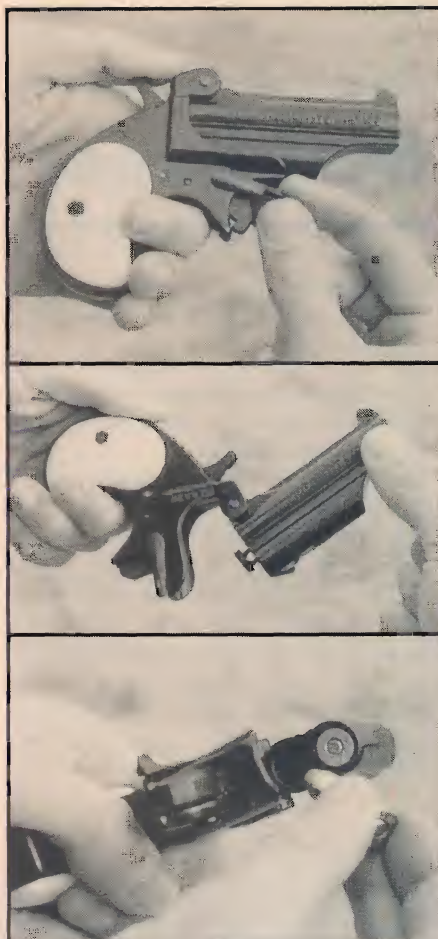
It's billed as the only derringer with an automatic internal transfer bar firing system which prevents the firing pin from striking a chambered cartridge's primer unless the hammer is cocked and the trigger is pulled fully. Besides this the trigger pull is 12 pounds or more, making this one of the safest derringers on the market.

The D86 has an overall length of five inches with a three-inch, proof-tested steel barrel made in Italy with fixed sights (front blade, rear notch). The barrel is mated with a frame of Zamak 5 aluminum, magnesium, zinc and copper alloy. Grips are checkered white plastic. Weight is about 12 ounces. It has a suggested retail price of \$89.95. There is also a deluxe model with new "Dyna-Chrome" hard matte finish and checkered walnut grips with a price of \$109.95.

With its short barrel and small size, the D86 packs a fair amount of kick to it when fired, but shooters testing the gun did not find this a problem until they had fired quite a few rounds, at which point their hands began to feel a bit sore, as would be expected. Only standard velocity, factory loaded ammunition should be fired in the D86, Plus P or other hot loads generate too much pressure in the



This group was fired 10 feet from the target. Though the derringer shot high, which testers attributed to the heavy trigger pull, its accuracy was consistent.



The barrel lock is rotated 180 degrees counterclockwise to open the top-hinged barrel for loading.



Thumb-operated extractor ejects spent cartridge case and spare cartridge at the same time.

gun for safe operation.

The heavy trigger pull can affect accuracy, something to keep in mind if the owner intends to use the D86 for self defense. But this weapon is meant for very short range shooting anyway. Test shooting showed that the D86 is capable of accurate fire and is well made. The small size makes it quite concealable. Another drawback for self defense would be the single-shot capacity. Having only a single shot, however, is always better than having nothing to shoot at all. For more information see your gun dealer or contact F.I.E., Dept. ASG, P.O. Box 4866, Hialeah, FL 33014; (305) 685-5966.



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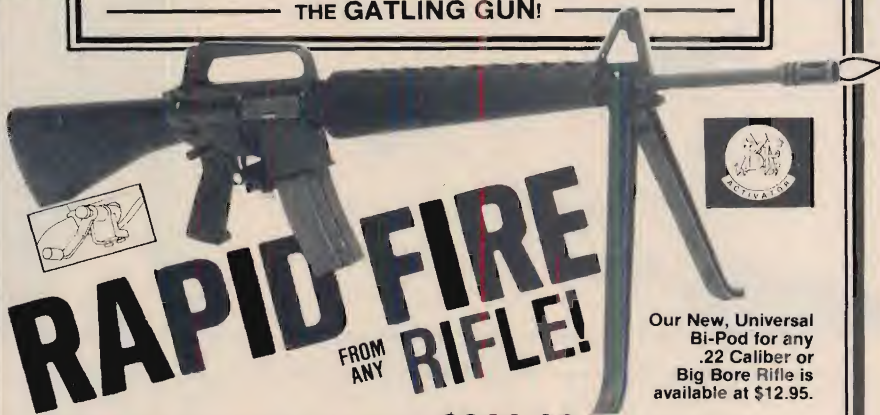


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G.I. Barbed Razor Tape & Dispenser

Wicked razor wire for surprising intruders, enemies. . .
Staff Report

GENUINE G.I. barbed razor tape from Phoenix Systems cuts and hooks into flesh and clothing. Nasty stuff to repel or entangle attackers/intruders.

It can be used in loose coils around your position, attached to stakes six to 10 inches off the ground in criss-cross patterns (tanglefoot), in tall grass or brush, nailed to trees, fastened across doorways, halls and windows, etc.

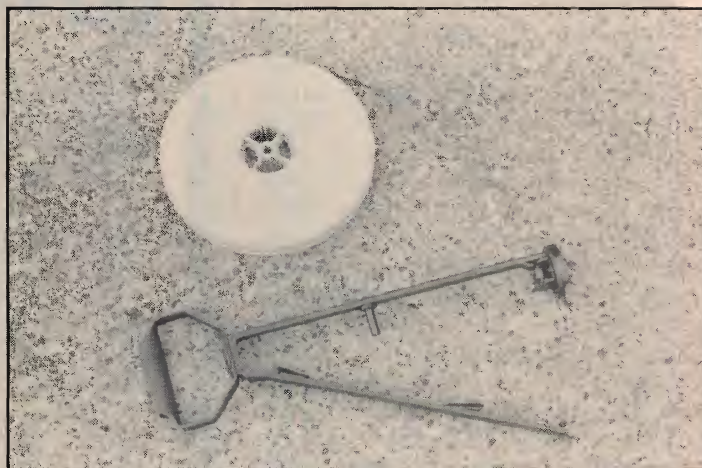
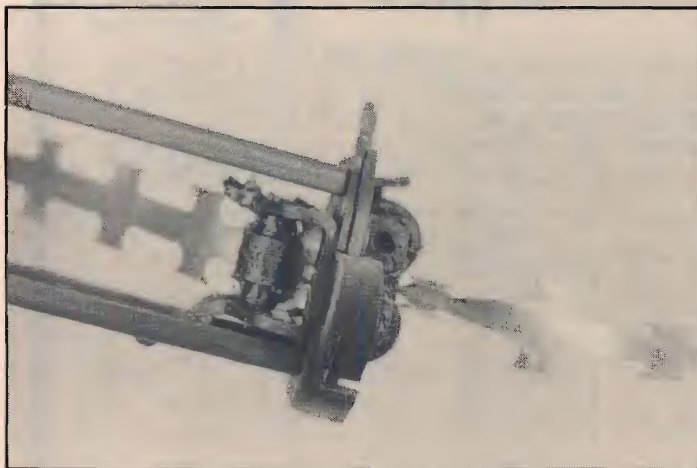
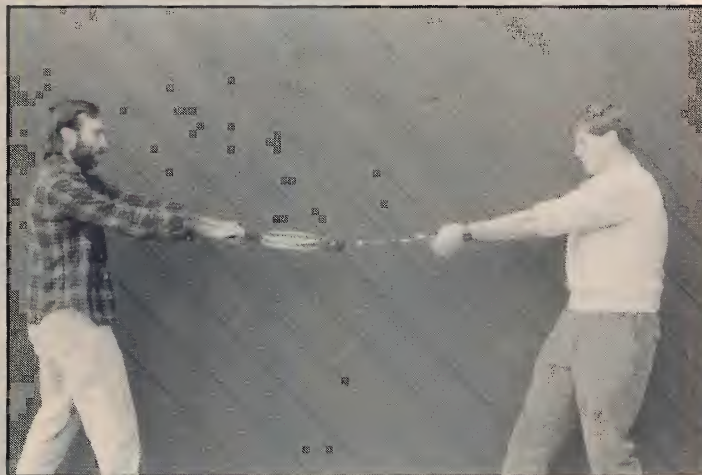
For greatest effectiveness the razor wire is twisted as it is laid out from 165 foot reels it comes on. It must be han-

dled with extreme care or the user will be badly cut. The military uses a special tape dispenser for fast deployment which twists the tape as it is laid out. A reel of tape is loaded on the holder and the tape is pulled through two sets of rollers set at 90 degree angles to each other. One end of the tape is fastened to the ground, stake, etc., and the user walks away with the reel and dispenser.

The barbed razor tape is $\frac{3}{4}$ -inch wide with only $\frac{1}{2}$ -inch between barbs and has a 500 pound breaking load. Much harder

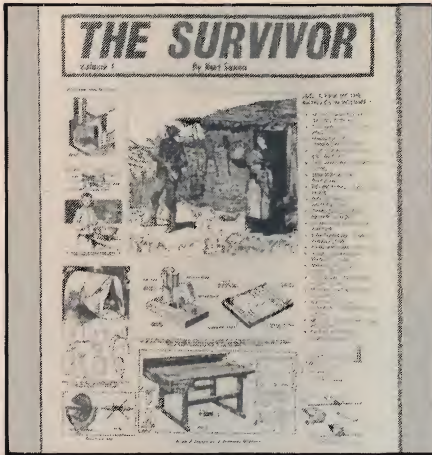
to cut and more effective than barbed wire. Used in Vietnam, the Middle East and around embassies.

Genuine G.I. barbed razor tape is available for \$19.95 per 165 foot reel, six or more reels are \$17.50 each, from Phoenix Systems, Inc., Dept. ASG, P.O. Box 3339, Evergreen, CO 80439; (303) 674-2653; The razor tape dispensers, high quality tools made to military specifications, are \$175 each from Phoenix Systems. Ask for their "Right Stuff" catalog of military and survival supplies. ●



BOOKS/VIDEOS

(Continued from page 10)



The Survivor, by Kurt Saxon, Atlan "A" Formularies, Dept. ASG, P.O. Box 327, Harrison, AR 72601; (501) 743-2700; 477 pages, softcover; \$17 ppd.

The creator of the enormously popular *Poor Man's James Bond*, now brings us an encyclopedia of household information for the complete do-it-yourselfer. Combining modern and old-fashioned discoveries, the author leads us from money-making to toy making, from raising bread to raising earthworms. Get more heat from your fire, make milk from soybeans, sprout your own seeds, you name it. This book, almost more than any of his others, is proof of the versatile talent of the man who is a true survivor, in every sense of the word.



Passport To World Band Radio, Lawrence Magne, Editor-In-Chief, International Broadcasting Services,

Ltd., Dept. ASG, Box 300G, Penn's Park, PA 18943; 400 pages, softcover; \$14.95 plus \$1.95 for shipping and handling.

"From exploring the Scottish islands with the BBC to award-winning live newscasts from Australia, from Tahitian music to the fanatical rhetoric of an ayatollah, world band radio offers a direct connection to 161 countries," according to Lawrence Magne, Editor-In-Chief of *Passport To World Band Radio*. This quick-access guide makes more than 1,100 channels of news, music, sports, propaganda, and religion available for free, and perhaps most importantly of all, makes them easy to tune in. It's certainly a lot cheaper than an airline ticket, and will take one just as far.



Everybody's Knife Bible, Don Paul, Pathfinder Publications, Hamakua Center, Dept. ASG, Suite 401, 150 Hamakua Drive, Kailua, Oahu, Hawaii 96734; 122 pages, softcover; \$9.95.

Practical, funny, easy reading. These are a few terms that succinctly describe *Everybody's Knife Bible*. When asked about his very serious/light-hearted new guide, author and former Green Beret Don Paul remarked, "It's an easy-to-follow, new compendium of ways to modify your knife, and then use it to become the ultimate outdoor woods pro." After a read we quickly came to the conclusion that Don Paul was right! Drill a hole here, engrave the blade there, then aim your knife at the sun to determine what time it is! Build up the handle with tape, and voila, it's an axe! Learn how to quick-strap your knife to a long pole and you've created a spear. Altogether 16 of the most innovative chapters ever written on knives and knife uses. ●

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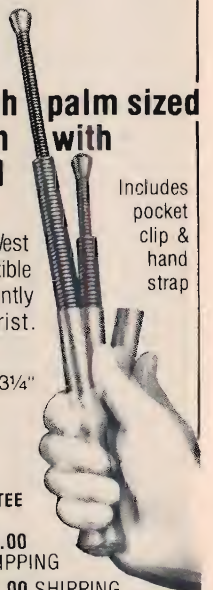
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Type 56 AK-47 Rifles

(Continued on page 26)



ABOVE — Mildly corrosive or non-corrosive Chinese 7.62 x 39 mm ammo is sold in strippers which can be used with a speed loader tool shown for quick reloading of magazines.



RIGHT — Pressing a button is all that's required to quickly fold the butt stock of the Type 56-2 AK-47.

der with slow, timed firing and rapid fire and from the hip in short and long bursts of rapid fire, ripping off magazine after magazine full of ammo without so much as one jam or other malfunction of any kind. The wood stock model was not as well zeroed as the sidefolder but we were well satisfied that these guns are quite accurate out to the limits of our shooting, which were 150 to 200 yards.

We understand the Santa Cruz County, Arizona, Sheriff's personnel and Marana Township, Arizona, police are using these rifles as duty weapons.

Territorial Armory sells a Chinese 75-round AK drum magazine which can be reloaded in seconds for \$149. A carrying pouch for it is \$22.50. Also available are chest/belt pouches which will hold six or eight (your choice) 30-round magazines, plus stripper clips of ammo, cleaning and other gear in additional pockets for \$25 each. There is also a belt/shoulder-carry pouch holding five 30-round magazines for \$25. The steel 30-round magazines sell for \$17.95 each and there are 40-round magazines for \$34.95, 20-round mags for \$16 and even 5-round mags for hunters from Territorial.

The Poly Technologies AK-47s are superb assault weapons, simple and safe to operate, rugged, and reliable and reasonably priced. For more information contact Territorial Armory, Dept. ASG, 4455 South Park, Suite 106, Tucson, AZ 85714; (602) 741-2333. ●

Poly Technologies Type 56-1, 56-2 AK-47 Assault Rifles: Tech Specs

Type 56-1

Caliber	7.62 x 39mm (Russian)
Length:	
Overall	34 1/4 inches with bayonet folded; 53 inches with bayonet extended
Barrel	16 1/2 inches
Weight without magazine	7 lbs., 14 ounces
Sights	front post with protective ring, adjustable for windage & elevation; rear notch adjustable for distance
Sight radius	15 inches
Stock	Manchurian Chu wood
Price, retail	\$375
Manufacturer	Poly Technologies, Inc., People's Republic of China
Distributor	Territorial Armory, Dept. ASG, 4455 South Park, Suite 106, Tucson, AZ 85714; (602) 741-2333

Type 56-2

Caliber	7.62 x 39mm(Russian)
Length:	
Overall	34 1/2 inches with stock extended; 25 1/2 inches with stock folded
Barrel	16 1/2 inches
Weight without magazine	7 lbs., 11 ounces
Sights	front post with protective ring adjustable for windage & elevation; rear notch adjustable for distance
Sight radius	15 inches
Stock	textured fiberglass
Price, retail	\$425
Manufacturer	Poly Technologies, Inc., People's Republic of China
Distributor	Territorial Armory, Dept. ASG, 4455 South Park, Suite 106, Tucson, AZ 85714; (602) 741-2333

Staying Warm In Cold Weather

(Continued from page 29)

make dramatic rescues . . . or more often, lead you down the wrong path.

The victim ultimately becomes fatigued, lays down, and dies. Those rescued in time thought they were simply exhausted, and needed a nap, never dreaming they were in serious trouble.

If you stumble across someone, apparently suffering from hypothermia, never assume they're dead. Our body is a very efficient mechanism, and can slow metabolism until it appears the heart and lungs have stopped when they haven't. Remember too, that blood flow to the extremities will slow or stop, making it

away from your skin. You can sweat away, and never feel it. Even if you don't use polypro, at least start your layering system with a good pair of long underwear.

The next layers are simply designed to trap sufficient amounts of air to keep you insulated. Down, wool, and cotton are some of the more popular alternatives. If you're going to be performing any sort of strenuous activity, use wool since if it becomes soaked it retains much more of its warmth value.

On top of the underwear, put on a short sleeved, button down shirt. Then, layer a long sleeved, zipper/button down shirt over that. Remember these are on the

By designing your system well, and properly reacting to your body's needs, you're ready to regulate temperature in the worst conditions.

Fuel Foods — Another part of temperature regulation though, is providing your body with enough energy to burn. Someone in the first stages of hypothermia, or simply cold, can often find relief by eating foods high in carbohydrates like candy. Anyone ready to call it a day in the cold, should eat a slower burning energy source to keep from waking up hungry every hour. Backpackers have long recognized this principle, and remedied

WIND CHILL FACTORS

E F F E C T I V E T E M P E R A T U R E	WIND SPEED (MPH)					
	0	10	20	30	40	50
-50	-82	-110	-UNAVAILABLE			
-40	-70	-97	-UNAVAILABLE			
-30	-58	-81	-95	-105	-UNAVAILABLE	
-20	-45	-68	-80	-85	-89	
-10	-32	-52	-64	-70	-73	
0	-21	-39	-49	-54	-58	
10	-10	-25	-34	-38	-41	
20	5	-12	-19	-21	-24	
30	18	5	-3	-6	-9	

deg. F.

impossible to find a pulse.

To avoid becoming a victim ourselves, we should understand how to dress and eat properly. One of the unique problems we face each winter is our body's own cooling system. No matter what type of clothing you wear, drench them in sweat and you might as well go out naked. In fact, the wet wind chill can make it worse.

Layering — We go from hard work, to the opposite end of the spectrum (waiting). A single, non-dynamic insulator can't possibly leave you both safe and comfortable, especially during the coldest winter months. For years, mountaineers have known that layering is the only real solution. With it you can take off, unbutton, or unzip until you're comfortable whether at work or rest. Several layers of inexpensive clothing easily outperform one of the newest fabrics alone.

Of all the synthetics out today, polypropylene is perhaps one of the best investments you can make. It's used chiefly for underwear, since it allows perspiration to escape through the fiber, and

inside, and really have no need for being pretty or camouflaged. In extreme conditions, top the inner layers with some sort of coat/sweater, preferably made of wool or fleece.

The last layer is designed to be impenetrable to wind and water. Hundreds of dollars spent on a single, breathable Gore-Tex jacket is almost commonplace. All you really need is a layer that keeps everything from seeping into the lower layers. Inexpensive parkas work, especially if you've designed your system well.

Gloves, hats, and even socks should all be layered in one way or another. An excellent example is the case of gloves. Start with a pair of fingerless wool gloves, then wool mittens, covered by a waterproof shell. This seemingly innocent system allows you to keep your hands comfortable, yet when you have to do something nimble, you can take all but the fingerless pair off. After all, squeezing off a round from under three gloves is almost as hard as doing it with numb fingers.



Matches or lighters for fire starting can be carried in many places. There's no excuse for not taking them along (G.J. Sagi).

the problem with a mixture called "gorp." Basically, it's a mixture of sunflower seeds (slow burning), raisins (slow), and M & Ms (instant energy). Of course you should experiment until you find a combination you like.

For obvious reasons, NEVER TRY AND FORCE AN UNCONSCIOUS VICTIM TO EAT.

For an added insurance policy, hide matches anywhere, and everywhere in waterproof containers. Many survival knives feature hollow handles for this purpose, but always keep a plastic 35MM film case filled just in case. And include a striking surface inside. After all, if it's that wet, where are you going to light them? Hollow fishing pole handles and rifle butts can in some cases work too.

Even if you're going out in perfect weather, always be prepared for a change. Coats, sweaters, matches, and virtually all your cold weather survival gear can fit into a single fanny pack.

It's your choice, understand, and properly react to the cold . . . or trust Terry's brother to lead you back home. ●

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Radiation Detection Equip.

(Continued from page 61)

immediate danger from a high exposure to radiation in the 100 to 200 REM range (after which your short-term health will be at risk).

In addition to a dosimeter and dosimeter charger, it is essential to have a place to keep records of readings from dosimeters. This log book doesn't need to be more than a spiral notebook; the log does need to be carefully kept. A carefully kept log is the only way to keep track of total exposures over any period of time. During a nuclear emergency, whenever a dosimeter is to be recharged and rezeroed, the reading should be taken from it and logged. By adding up the readings, it's possible to figure total doses for the person using the dosimeter. Be sure to include the date of the reading, name of the person using the dosimeter, and the reading from the dosimeter.

A few words about recharging dosimeters: some dosimeter chargers have a light built into them which allows dosimeter readings to be taken. When using such a light to obtain a reading, be careful to keep either the charger or dosimeter shielded so that the dosimeter isn't inadvertently recharged and its reading lost. When taking a reading, always point the dosimeter in the same angle each time; readings can change by several REM if a dosimeter's angle is changed from one angle to another or zeroed at one angle and then read at another.

Dosimeters should be stored in a charged state so that they can be quickly used when needed. They should be recharged every month or so. If you have a group of dosimeters stored away, compare readings of them before recharging to see if they are all getting the same readings from background radiation. This will alert you to any which may tend to have higher or lower readings; these can still be used but you should note which are which.

If you forget to recharge the dosimeters, so that they are in an uncharged condition when you need them, all is not lost. Just charge and zero them, allow them to stand for half an hour, and then recharge and rezero them. This will get them ready to go.

Dosimeters are sensitive to rough handling; therefore used ones often aren't a good buy. Likewise, civil defense dosimeters are usually good

(Continued on page 72)

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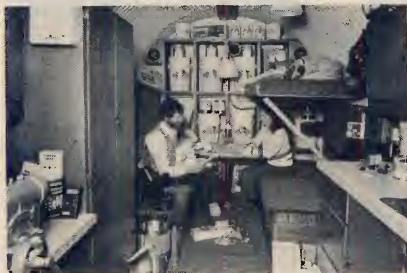
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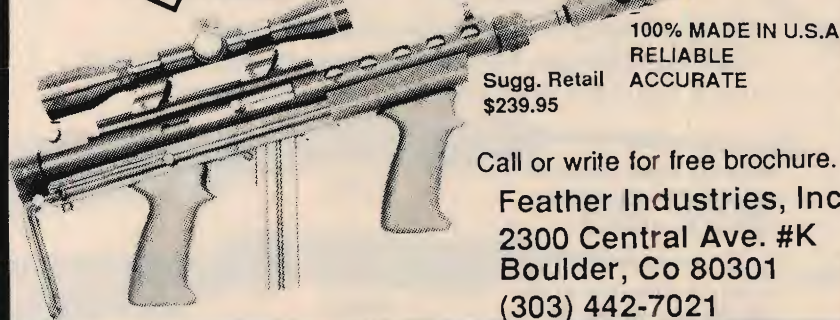
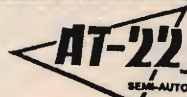
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Radiation Detection Equip.

(Continued from page 71)

but some are also junk. So be sure to purchase surplus dosimeters from a reputable dealer and then "check them out" against a good dosimeter when you're doing the monthly rezeroing of the dosimeters.

The best commercial source of new dosimeters is the Dosimeter Corporation. Of their various dosimeters, the 686 is probably most ideal with a reading of 0-600 REM; also good is their 638 which reads in the 0-200 REM range. Each model has a clip for attaching it to clothing and a plastic cap to protect the dosimeter from accidental recharging (when reading from a lit recharger) or damage to the contacts. The 686 is being phased out by the company and currently has a lower price tag of only \$60 per dosimeter. The 638 carries a \$100 price tag.

If you wish to purchase a low-level dosimeter for use only during a nuclear accident, Dosimeter Corporation offers the 002 (0-200 mR), 608 (0-10 R), 611 (0-5 R), and 622 (0-20 R) for \$99 each.

Like meters, dosimeters can be carried in a plastic "baggie" to simplify decontamination.

Dosimeter Corporation also makes the 909 Charger which is an excellent battery-operated unit which will charge nearly all dosimeters including civil defense surplus dosimeters. The 909 is small, well designed, and uses one D-cell to work. The charger has a light bulb under the charging area so that readings can be taken without need of a light source (a consideration in a fallout shelter); a spare bulb is included with the charger. Cost for the 909 is \$90. ●

List of Companies Offering Radiation Detection Equipment:

SI Equipment, Ltd., Dept. ASG
18239 S. Figueroa St.
Gardena, CA 90248

Direct Safety Company, Dept. ASG
P.O. Box 8018
Phoenix, AZ 85066
(Low-cost meters)

Dosimeter Corporation, Dept. ASG
Box 42377
Cincinnati, OH 45242
(Meters, dosimeters, dosimeter chargers)

Guillory & Associates, Dept. ASG
P.O. Box 591184
Houston, TX 77259-1184
(Plessey PDRM 82 meter)

System Planning Corporation, Dept. ASG
1500 Wilson Blvd.
Arlington, VA 22209-2454
(Smartbadge™ radiation meter/dosimeter)

First Of Two 1987 Contests:

Paramedic Wins First Prize

ASG's 1987 Giveaway
(No. 1) . . .

A PARAMEDIC intern from Little Rock, Arkansas, was the top prize winner in ASG's 1987 Giveaway (No. 1), receiving a Mitchell Arms AK-22 .22LR semiautomatic rifle, magazine, scope mount and sling.

"I consider it a great honor to be the recipient of the first prize in this contest, especially since this is a nationally published magazine," said top prize winner Jimmy D. Palmer, Jr., 26. "I read your magazine every month, and it never ceases to amaze me that there is always someone who has an article which proves most interesting to me.

"I am a paramedic intern with one of the finest and most professional ambulance services ranked in the United States at this time. And though extensive training is involved, over 75 percent of what I do is common sense. This is one of the reasons your magazine attracts a lot of my attention. The information gained from article to article, whether it be survival or weapons or just general information, is written in such a way that if pure common sense is applied to new knowledge you can't lose!"

Second prize winner was Robert L. Davis of Jonesboro, Georgia. He won an RWS Model 52 precision air rifle in .177 caliber and several tins of lead pellets from Dynamit Nobel of America, Inc.

Third prize winner was Miguel Viera of Miami, Florida, who received the new Victorinox Swiss Army knife the Swiss-Champ from the Cutlery Shoppe.

Fourth prize winner was Randolph I. Nagy of Kirkland, Washington. He won U.S. Army Field Manual 8-230, *Medical Specialist*.

ASG's 1987 Giveaway No. 2 prize drawing ended Dec. 14. Prize winners will be announced shortly. See this issue for details of the 1988 Giveaway No. 1 prizes and entry information. ●

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No. 1

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multiple-copy entries, when detected, will be disqualified and discarded. The prize winner will be selected in a random drawing of the coupons submitted for this contest. The drawing will be conducted at 2 p.m. March 15, 1988. Entries received after March 14, 1988 at 4 p.m. will be invalidated and discarded, though subscription orders will be honored by McMullen Publishing. The prize winner will be notified by telephone and/or mail within one week of the drawing. This firearm prize winner will be required to arrange with a local federally licensed firearms dealer to accept delivery of the prize. The winner will be required by the firearms dealer accepting the prize to fill out all necessary federal, state and/or local firearm purchase and/or transfer forms. To receive this prize, the winner must meet **ALL** federal, state and/or local requirements for firearms ownership. The winner must be 18 years of age or older. **NO EXCEPTIONS.**

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PRIZE NO. 1

Prize No. 1. Survivors Pack from Nitro-Pak Storage Foods, Dept. ASG, 11018 E. Rosecrans Ave., Suite 300, Norwalk, CA 90650; phone (213) 929-4705. Enough food for one person for one year. This is one of several "year's supply" food packages offered by Nitro-Pak. A total of 22 cases of storage food, this unit contains 48 No. 10 cans of wheat, 12 of cracked wheat, 6 of white flour, 5 elbow macaroni, 5 long spaghetti, 8 red beans, 6 lima beans, 8 pinto beans, 2 white beans, 12 regular non-fat milk, 6 powder vegetable oil shortening, 2 margarine powder, 8 white granulated sugar, 1 iodized salt, 12 plastic lids, 1 preparation book. This unit provides a good core of the nutrients needed for one person to live one year or for several persons for several months. A total retail value of \$1,365. Recipient must pay shipping.



PRIZE NO. 2



Prize No. 2. One of the first 500 Special Forces Vietnam Commemorative MAC/SOG Fighter Bowie knives from SOG Specialties, Dept. ASG, Box 1006, Santa Monica, CA 90406-1006; phone (213) 451-4292. A modernized version of the SOG knife carried by the 5th Special Forces and other elite soldiers in Southeast Asia. Each blade is cut from thick (.280-inch) stock, completely ground by hand and hardened to a Rockwell 57-58. The 6 1/2-inch high carbon blued steel blade is rust resistant. The blade is hollow ground with a false back edge. Resin-impregnated brown sole-leather handle has a blued steel crossguard. Leather wrist strap, black leather scabbard and sharpening stone are included. This knife has a value of \$500.

PRIZE NO. 3

Prize No. 3. Mini-AT semiautomatic .22LR pistol with accessories from Feather Industries, Dept. ASG, 2300 Central Ave., #K, Boulder, CO 80301; phone (303) 442-7021. This is the same pistol reviewed and tested in the December 1987 issue of ASG. The pistol version of the popular AT-22 Carbine, this gun is made of aircraft aluminum, steel and nylon parts with a total weight empty of only about 2 pounds. Included with the prize are four 20-shot magazines, a scope mount, owners' manual and padded black nylon carrying case. Total value of more than \$350.



Exercise Wise:

Walk Your Way To Life

The perfect way of getting fit for all ages. . .

By W. Ed Pope

Photos by Susan Deever and W. Ed Pope



ABOVE — See and be seen should be the motto of the roadside walker.

BELOW — A fanny pack is all that's needed to carry the walker's essentials.



WHEN Gary D. Yanker wrote *The Complete Book of Exercise-walking*, he probably had no idea that he would start a fad moving 50 million Americans, or solve a serious problem for a client of mine.

The client was having (like many military training organizations), a continual loss of manpower due to injuries during the training period. The vast majority of the injuries were caused by running, jogging, double time and sprints. Improper warm-ups and cool-downs before and after high intensity exercises were also taking their tolls—the old “hurry up and wait” aspect.

I suggested that double time, jogging, running, sprinting and over-eating be replaced by walking, some double time, a few sprints, and less calorie intake by the trainees. The client nearly fell from his chair.

My own experience with walking exercising and proper dieting has taught me that physical fitness, by young or old, is not just a dream. I quit smoking, began dieting and lost 33 pounds in 12 weeks. I have gained only two back in two months, both of which I wanted to regain to meet my original minimal weight requirements. However, before starting *any* change of lifestyle which involves physical exercise, food intake or nutrient supplement, one should always first consult their doctor.

Walking is the almost perfect means of exercise for all ages. A walker doesn't have to be overly muscular, have an abundance of stamina or be a lettered athlete from a “Big 10 Conference” university. A major factor in becoming a walker is persistence, especially if one wants to lose weight, build a stronger body, develop stamina, and feel really good.

Doctors and fitness experts say that walking is *the* healthiest form of exercise, requiring the least effort and having the fewest dangers. Walking will keep the legs, hips, waist, buttocks and bowel movements in good order, all of which makes the long hours of walking worthwhile.

It's true that jogging, running, swimming and biking can provide the same health effects, but also many problems. About one in five joggers is forced to quit due to injuries to the ankle, knee or lower back. These were some of the problems my client was having with his trainees.

Starting a walking exercise program may also correct body problems related to blood fats, heart disease, coronary-artery disease, hypertension,

oxygen intake, physical endurance, stress and tension, appetite, circulation, varicose veins, tension headaches, blood clots, osteoporosis, arthritis and posture.

There are several walking techniques, some say as many as eight or nine. I won't argue the point. How one walks is their decision. I attempt to walk as fast as possible, swing both arms in a pumping motion, lifting both feet as high as possible (without looking like I am marching) and for as long as necessary to complete my exercises or just to go from one point to another. According to Yanker, one mile of brisk (3½-4 MPH) walking will burn up approximately 100 calories. The mile should take approximately 15 minutes to walk. Thus, if you walk for a full hour, you would cover about 4 miles and burn nearly 400 calories, based on



Proper footgear is the walker's foundation.

a 180-pound body weight.

The trainees which my client was working with, found the walking to be a lower body building exercise, and a rapid method of removing a lot of “baby” fat. In the nine weeks of basic outdoors skills, most of the trainees lost extra weight, even though their calorie intake remained normal.

In military training situations it has been found that smaller-bodied people tend to be more prone to leg injuries than the heavier peoples of the world, especially after weight loading the field packs. Although my client's trainees were young, the entire walking exercise program did not produce a single casualty. Conversely, a second group of similar size and age trainees that continued the normal military-type training, had the usual 20 percent casualties. Three men failed to complete the training, whereas the walking group had 100 percent graduates.

Weight Loss—Most people, especially over the age of 50, start their walking-exercising program off with casual strolls for a few minutes each day. Over a few weeks the time of walks, the distance and speed increase.

As you become stronger, you may want to change your style of walking. A more vigorous gait or arm swing will increase calorie burn-off. It will also help trim the waist and stomach, plus aid in buttock reduction and muscle tone of just about every muscle in the body.

Just when you think you are ready to walk around the world, add a few pounds of extra weight to your feet, arms and/or back. It is like starting all over again . . . but somewhat easier on the body. I do my exercise walking wearing the heaviest hiking boot I own, ankle weights of two and one-half

pounds each, dumbbells of 6.6 pounds each in each hand and a day pack or fanny pack weight loaded up to 50 pounds. By walking for one hour at approximately four miles per hour, I can burn off nearly 500 calories this way.

Extra weight-loading, calisthenics and sprints should later be included in your program, but *only* after several weeks of body conditioning. Like any exercise program, the best results come from long hard hours, not short bursts of fast exercising. Give your body a chance to adapt to your new life activities. Overexertion in the beginning, can easily be the beginning of the end.

One major advantage walking has over most exercises is that a *real* warm-up is not needed for the simpler forms of walking. If you want to walk to the corner grocery for the exercise, you need not perform a 10-minute warm-

Walk Your Way To Life

up. However, should you plan a 10-mile, weight-loaded type walk, a warm-up is very much needed to prevent leg cramps and soreness. Before *any* high intensity exercise, I do a few warm-up exercises such as wall push aways, sit-ups, push-ups, running in place (2-3 minutes) and leg muscle stretches.

After completion of the walking exercises I repeat the warm-up exercises in a slower motion. This helps the blood settle down at a controlled speed, rather than being dropped off all at once. People have been known to pass out from failure to cool down properly after tennis or hard walking.

Equipment—Unlike most sports or exercise programs, walking can be done very inexpensively if that is what you want. Dress for the weather, wear soft-soled shoes, good socks and a hat if desired. These are the basics and all you will actually need.

Where and when possible, I always wear shorts or bush pants, T-shirt, good polypropylene wool socks and a comfortable hiking, walking or field boot.

Some walkers will wear a sweatsuit regardless of the temperature. Working up a sweat doesn't mean you are getting in shape or losing that extra weight. Keeping your body cool is better for you and will keep everything functioning at peak performance. If the body gets overly warm it tends to slow down.

For rain walking there is nothing on the market better than a Gore-Tex rainsuit. I always have a Gore-Tex Stashaway Rainsuit attached to my fanny pack or in my ruck. The lightweight fabric keeps the rain and winds out, yet permits the body condensate to evaporate to the outside. Plastic or PVC laminated suits must be continually ventilated when walking in them, or you get just as wet inside as you do outside.

Winter Walking—During the winter months your exercise-walking program should continue, regardless of weather conditions. Some people go to the local mall and walk around in the controlled heat. An excellent method of keeping the winter fat away, but I prefer the outside, regardless of temperature or conditions.

Having spent more than one year in the Arctic, I learned that cold is not as cold as you think, if properly dressed. The main factor is to dress in such a

fashion that you do not become overheated during the walking sessions. If you make the mistake of over-dressing, you will spend a lot of time un-zipping and un-snapping, zipping and snapping and sweating and cooling. The colder months actually are worse than the hot ones, to me.

In the coldest months I usually wear a 100 percent Wool Navy Watch Cap or 100 percent Wool Jeep Cap, hooded sweat short, T-shirt, sweat pants, two pair socks; one poly-pro, one 100 percent wool, leather walking/hiking boots and if needed, my Gore-Tex rainsuit. Mittens and gloves are worn if called for.

Being a highway or road walker, I



Wallets such as the TREK SAFE from Brigade Quartermasters are perfect for keeping valuables safe and out of sight.

must contend with moving traffic. I walk against the traffic, which gives me time to react if the oncoming vehicle doesn't see me. I wear a bright orange vest or bright yellow jacket when walking on the sides of the road. Keep alert, as some drivers tend to aim at you once their eye catches your movement. Planned trails and old abandoned railroad tracks are much safer than highways.

Back trail and roads can be hazardous as well, from both man and animal. When I travel on foot I usually carry a small caliber handgun. I have found the lightweight Quickfire holster to be perfect for walking and backpacking. The handgun is not totally protected, but it is accessible. The left-or-

right hand design and the multi-size frame holster is strong. Be sure of gun laws before "totin'" a gun into parks or certain states.

In case of severe accident, be sure to have plenty of identification on your person or equipment. Most hikers carry driver's licenses or some form of state I.D. Some wear the G.I. style Dog Tags and some attach cards or signs to their equipment. I must be nuts, as I do all of the above.

A lot of walkers schedule their exercise walks just before the evening meal. A brisk 30 minutes to one hour walk helps reduce the desire to over eat. The less calories you take in before going to bed, the better, as far as I am concerned. In the winter months, the late walk usually puts me out after dark. Security and safety must then be increased, even for us rural folks.

I carry a Mini-Maglite with red lens. As I walk on public roads, I swing the light to let motorists know that I am present. Against a fast moving "18 Wheeler," it isn't much, but at least it is something. Other walkers carry large hand held lanterns (battery powered) and/or larger flashlights. Just be sure and have some form of light if you are going to be out after dark; be it head or tail light.

One item that is always in my fanny pack or ruck, especially when I wear short pants, is a pair of gaiters. There have been plenty of times I have stopped to don the gaiters due to briars or known rattler habitats. My gaiters are made from heavy duck which may or may not stop a snake strike, but at least they are a reasonable defense. The briars and other "stick 'ems" fail to get to the legs. All rural walkers should carry a pair.

By getting the family or friends involved, walking can be more fun. It does get lonely out on the back roads when you walk alone. If the family or friends won't join you, then *they* are the real losers. As you prepare your body, your mind improves, too. I can assure you that you can solve a lot of problems as you walk and think. One person that I know carries a tape recorder to make notes of things he needs to do or say in his work. He claims that walking is his best recall period and best new idea time. I agree.

As one of the trainees, I first mentioned, said to me, "I can do *that* training again!" I never thought that about bootcamp . . . did you? ●

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